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MICHAEL SULLIVAN/
THE NEWS-REVIEW
VIA THE ASSOCIATED PRESS

'Don't go to school tomorrow'

WARNING MAY HAVE BEEN SENT BEFORE DEADLY OREGON ATTACK

See page 20 in metroNEWS

Peeple presents legal issues: Prof

TECHNOLOGY

Calgary-based app grabbing international spotlight

Brodie Thomas
Metro | Calgary

For better or worse, the Calgary-based Peeple app is making international headlines, and some for all the wrong reasons.

The Washington Post called it, "the terrifying 'Yelp for people'." It's made the rounds on the BBC, the Guardian, and even Good Morning America, according to the group's Facebook page.

One local expert in online law says the public's apparent fears of the people-rating app are not unfounded.

Emily Laidlaw, assistant professor of law at the University of Calgary and the author of Regulating Speech in Cyberspace, said, after reading up on the app, she thought it showed a lack of understanding of Canadian law.

She said the professional rating aspect of Peeple is fine, although not without legal risks. But it's the personal and romantic options that are troubling for her.

Laidlaw said Peeple will face problems in Canada because this country's defamation laws are so different than those in the United States. She said the publisher has equal responsibility to the person writing a defamatory message.

"Once you become aware (of a defamatory comment) and have control, then you're liable as though you made the defamatory content in the first place," said Laidlaw.

"(They're) risking liability and it's a bad idea to do this in the Canadian legal context."

Metro contacted Peeple founder and Calgarian Julia Cordray both via phone and email with questions to comment on the legal ramifications of the app. She didn't respond by deadline.

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metro NEWS

Your essential daily news

Behold Pluto's big rugged moon Charon, in this new image from NASA.

Province considers big QEII Highway expansion

TRANSPORTATION

Study needed to assess costs, traffic volumes

Helen Pike
Metro | Calgary

Ryan Tumilty
Metro | Edmonton

The provincial government is seeking a group to study widening the Queen Elizabeth Highway to six lanes between Edmonton and Calgary, and as the congestion mounts, some motorists say it's beyond time to do so.

Andrew Groom drives to Bowden from Calgary every Friday night around 6 p.m.

He said driving the QEII on this small section is comparable to the congestion on Calgary's infamous Deerfoot Trail. "There's spots where we're standing still between Airdrie and Crossfield … it's just volume."

Groom said the traffic adds about 20 minutes to his commute.

"They need to have it six lanes all the way, Calgary to Edmonton and back," he said. "Of course, that's going to cost a pile of money no one wants to part with."

The study the province is tendering will answer just how much money that could be. The impetus is traffic.

"Given forecast growth in traffic volumes, the study will look at if the QEII should be expanded to six lanes all the way between Edmonton and Calgary and if so, what that would cost," said Bob McManus, a spokesman for Alberta's transportation department.

McManus said the study is meant to look at all options, including if public transit or other measures could help ease the congestion between the two cities.

In the tender documents, the province states between 28,000 and 35,000 vehicles use the highway every day in rural areas.

That number climbs to 50,000 around Red Deer, 83,000 south of Airdrie and about 90,000 north of Leduc.

Highways typically get an expansion to between six or eight lanes when volumes reach between 30,000 and 50,000 cars per day, the document states.

Lisa Copeland makes the drive between Calgary and Edmonton about three times a month for work, and often puts off her commute until around 8 or 9 p.m. to beat the rush.

"I just think I'll get there quicker and then I'll have the rest of my night," Copeland said .

Three companies have been shortlisted for the project and the winning bidder will have until late 2017 to submit their report.

The Alberta government is looking for a report on the Queen Elizabeth II Highway, the main corridor between Calgary and Edmonton, as congestion is at or near capacity. THE CANADIAN PRESS

> **There's been no final decision, nor will there be until we have all the facts.**
> Bob McManus

90,000

The most used portion of QEII is between Leduc and Edmonton, where 90,000 vehicles a day use the road.

1960

The majority of bridges along the QEII corridor were constructed in the early 1960s and will be further assessed in the study.

IN BRIEF

'Even one tiny dose can be fatal,' officers warn

School resource officers (SRO) aren't sugar-coating when it comes to talking about the dangers of fentanyl, said SRO supervisor Sgt. Duane Lepchuk.

He said school resource officers addressed the dangers of fentanyl — a drug that has already claimed the lives of 45 Calgarians in 2015 and is expected to double — at school year-opening assemblies with high school students this September.

"Part of our messaging to the students about the dangers of fentanyl is how — with this drug in particular — even one tiny dose can be fatal," said Lepchuk.

He said that educating about the dangers of fentanyl and other drugs can't begin with student resource officers having conversations with students. Lepchuk said parents need to start having conversations about drugs, good choices and the impact they can have on their lives as early as elementary school.

Jeremy Nolais, press secretary for the minister of education, said there's no fentanyl-specific programming in Alberta schools, but said "positive health habits," and "substance and abuse awareness" are part of the provincial "Life Skills program of study" from kindergarten to Grade 9. He said there are similar curricula at the high school level that focus on the use and abuse of alcohol and drugs. METRO

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Fighting meth addiction

12-STEP PROGRAM

Calgary's first CMA group intends to help users stay clean

Jeremy Simes
For Metro | Calgary

When former crystal meth user Chris stumbled upon his friend Chad in prison, he knew it was time to finally get clean. Chad, a previous user himself, introduced Chris to his first addictions meeting.

But the duo — who requested to have their last names withheld — thought crystal meth addicts can only, truly relate to one another, so they decided to start Calgary's first Crystal Meth Anonymous (CMA) meeting, a place for meth addicts to come together and hopefully rid themselves of their drug use and enter long-term recovery.

"It's like trying to relate someone's cancer to another person's broken leg," Chris said. "It's pain, but it's completely different."

Chad hopes the new association will help drug abusers find the support they need to enter long-term recovery. The group already has 30 regulars. JEREMY SIMES/FOR METRO

The duo was approved by CMA, an umbrella organization that offers program guidelines for those looking to start local meetings. The organization requires participants to go through its 12-step program, which is similar to other anonymous substance abuse programs.

> **All the things I took for granted are now back in my life.**
> Chris, Calgary CMA co-founder

Meth tends to take over the lives of those who use it, Chad said, adding he would use it to just function and stay awake.

"There's nothing about it that makes it worth it," said Chad, who's been clean for 2-1/2 years. "You lose everyone who's important to you."

"All the things I took for granted are now back in my life," added Chris, who's been clean for 19 months. "And when they come back, they mean so much more now."

Chad had to hit rock bottom before he wanted to recover, he said. But, helping others has also kept the duo clean, he added.

"Helping others keeps me out of (trouble) myself," he said. "That's what keeps us clean — when you see the newcomer tweaking and picking themselves (up), it's like, 'I'm so glad I'm not there anymore.'"

Since opening seven weeks ago, CMA has already seen 30 regulars come for meetings.

"It's great," Chris said. "That's more than we hoped for."

Even if a member relapses, they'll be welcomed back with open arms, Chad said.

"We're going to love you until you can learn to love yourself," he said.

The group meets every Tuesday at the Sheldon M. Chumir Medical Health Centre, room 3001 at 8 p.m. More info can be found at crystalmeth.org.

MOHAMMED SAQIB DEATH

RCMP charge 2, seek third suspect

Airdrie RCMP have charged two brothers in relation to the death of Mohammed Saqib, but are looking for a third person in connection.

RCMP began investigating after they located a vehicle on fire Sept. 18 on the outskirts of the city where the charred remains of Saqib were discovered.

Theo Wheyee, 20, and his brother, 28-year-old Julius Wheyee, are both now facing charges in relation to Saqib's death.

RCMP are asking for public assistance in their search for a third man who is allegedly responsible for the homicide.

Saad Mohamed Osman, 29, is wanted under the charges of second-degree murder, one count of indignity to a body and one count of arson.

Osman is described as dark skinned with black hair, brown eyes, about 154 pounds and five-foot-eight. Anyone with information on Osman's whereabouts are asked to call Airdrie RCMP at 403-945-7267. METRO

Learning Opportunities Ahead
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Gain a better understanding of Alzheimer's disease and related dementias. Dr. Eric Smith will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Smith is an Associate Professor of Neurology in the Department of Clinical Neurosciences at the University of Calgary and a member of the Hotchkiss Brain Institute. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.
This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer's disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.
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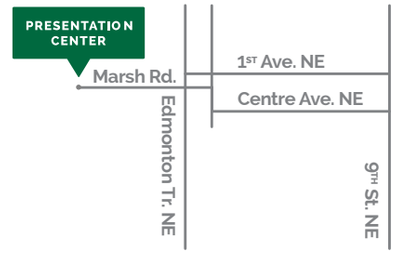

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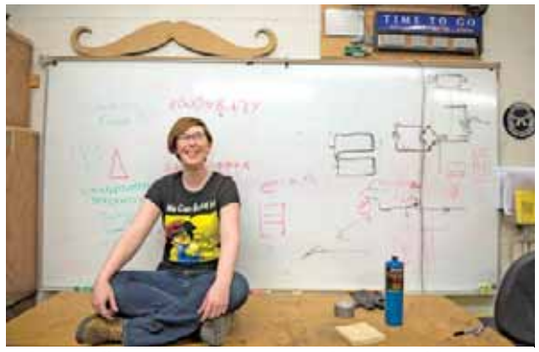
Protospace looking for creative makers

DREAM PROJECTS

Facility offers tools like 3D printers and laser cutters

Aaron Chatha
Metro | Calgary



Volunteer director at Protospace, Hayley Erza, said more people are using maker spaces for their projects — from high-powered vacuums to modifying cars. JENNIFER FRIESEN/FOR METRO

Before Dave Byno joined Protospace, he didn't know the inside of a mouse from a motherboard. "Three years ago I didn't do any robotics, and now I'm doing that for a living, which is slightly odd and entertaining," he said.

His full-time job is now in special effects for films.

Protospace is a maker space facility that offers tools like laser cutters and 3D printers for a membership fee.

Walking in with no background knowledge, he began experimenting with the tools and learned by sharing ideas with other members.

The popularity of maker spaces like Protospace is growing quickly, according to volunteer director Haley Erza. Protospace itself has grown large enough that next week, it will be doubling its size, adding an additional bay with more tools, storage and building space for members.

She said now people can 3D print a replacement part for their refrigerator or use the table saw in the space to make their own table.

Dave learned his specialized skills through talking to the community and sharing ideas with other members.

"When you have a community this big, you have a safety net," he said. "You can take on bigger risks and you can take on crazier projects, because you know that if you get really stuck, you can ask someone."

Erza said it also offers people the space to accomplish dream projects. "You're just as likely to find someone here at 2 p.m. as you are at 2 a.m.," she said. "We have lots of people who work non-traditional schedules and banging on their project at two in the morning is not going to go over well with their neighbours, so Protospace offers a space for that."

To celebrate their expansion, Protospace is hosting an open house on Saturday, from 10 a.m. to 6 p.m., inviting the public to see what a maker space can offer. For more, visit www.protospace.ca.

SEASONAL PROGRAM

Composters asked to use paper bags

With fall in full swing, the City of Calgary has launched its annual Leaf and Pumpkin composting program.

Calgarians have from now until Nov. 8 to bring pumpkins and leaves — not rocks, branches, soil or sod — to one of the city's 36 seasonal drop-off locations.

> **It's great to be able to turn the leaves and pumpkins into something useful.**
> Darcy Cairns

"It's great to be able to turn the leaves and pumpkins into something useful again as nutrient-rich compost," Waste & Recycling Services Superintendent Darcy Cairns said in a release Thursday.

This year, the city said it's trying to get Calgarians to break some plastic habits by switching to paper bags — they're 100 per cent compostable, meaning no trace of waste will be left behind.

The program helps the city divert over two million kilograms of leaves and pumpkins from landfills. METRO

IN BRIEF

Lawyers warn they will stop helping poor get legal aid

Alberta criminal defence lawyers have told the province they will scrap a volunteer program that helps poor and handicapped clients apply for legal aid. The Criminal Trial Lawyers' Association and Criminal Defence Lawyers Association have written to Justice Minister Kathleen Ganley saying they will stop providing the service on Nov. 1. Lawyer Kelly Dawson says lawyers can no longer afford to do it. He says Alberta legal aid is poorly funded and the government must come up with a better way. THE CANADIAN PRESS

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AIRDRIE

Dealership offers reward for tire thieves

Aaron Chatha
Metro | Calgary

Thieves have struck the Davis Chevrolet GMC Buick car dealership in Airdrie twice in the past month — and the dealership isn't sitting idly by.

The dealership is offering a $2,500 reward for anyone with information that leads to an arrest. The thieves stole tires and rims from new cars and damaged the vehicles in the process.

"Somebody out there has to know who would have perpetrated the crime, so we felt for $2,500, friends are friends, but money talks," said general manager Glenn Smaha.

Smaha said thieves struck on the evening of Sept. 23 and two weeks earlier. In their haste, they smashed windows to get inside the vehicles. Total damages: about $30,000.

This hasn't been a regular problem for the dealership, but after previous incidents, Smaha said he had taken steps to increase security, such as adding lighting, gates and cameras.

A few Calgary dealers said they've had incidents of theft or vandalism in the past, but increasing security measures have kept them from having any issues over the past few years.

Darren Jacula, sales manager with Marlborough Ford, said adding a night security guard and locking wheel nuts alleviated his issues.

Jacula added that the situation must be serious if the dealership is putting up a reward.

"It's a great deal if someone's going to put out that reward to try and catch them," he said. "It's unfortunate people go ahead and do this; it does affect the bottom line of the dealers."

Smaha said he'll add security measures until his lot is secure.

Amy Leedham, a student at the University of Calgary, assists in sifting through the FM Ranch site. JENNIFER FRIESEN/FOR METRO

Move over, Indy Jones

ARCHAEOLOGY

Students dig into site newly disturbed by 2013 floods

Jennifer Friesen
For Metro

After digging for hours and heaving buckets of dirt across an empty field, Amy Leedham unearths a tiny bone fragment from the FM Ranch.

"It's amazing," said the 22-year-old University of Calgary student. "You're the first eyes looking at something that no one else has set eyes on in hundreds of years."

Leedham is one of eight U of C students taking a survey course at the archaeological site south of Calgary, joining archaeologists with Alberta Culture and Tourism who are assessing the 2013 flood's impact on the site after deposits washed down the river.

Trevor Peck, an archaeologist with the Alberta government, said they've received "call after call" from the public after finding deposits, prompting them to reopen the site for excavation.

Nine or 10 layers of bones and campsite deposits have been found, which is "pretty much unheard of" in Alberta, according to Peck.

He said it's likely that the land was flooded out every 100 years or so, leaving silt deposits separating the earth in chronological order. The deposits show a buffalo-jump kill site and a number of settlements on the same land, which Peck said is "very rare and interesting in itself."

Currently, the team is collecting samples for the record and studying ways to mitigate future floods. Peck urged the public to report any findings — including bones, arrowheads or stone tools — to the province's archaeological survey.

"If you're looking for a jewel in the crown of archaeology, this is one of the jewels in the province," said Peck.

> **"You're the first eyes looking at something that no one else has set eyes on in hundreds of years.**
> U of C student Amy Leedham

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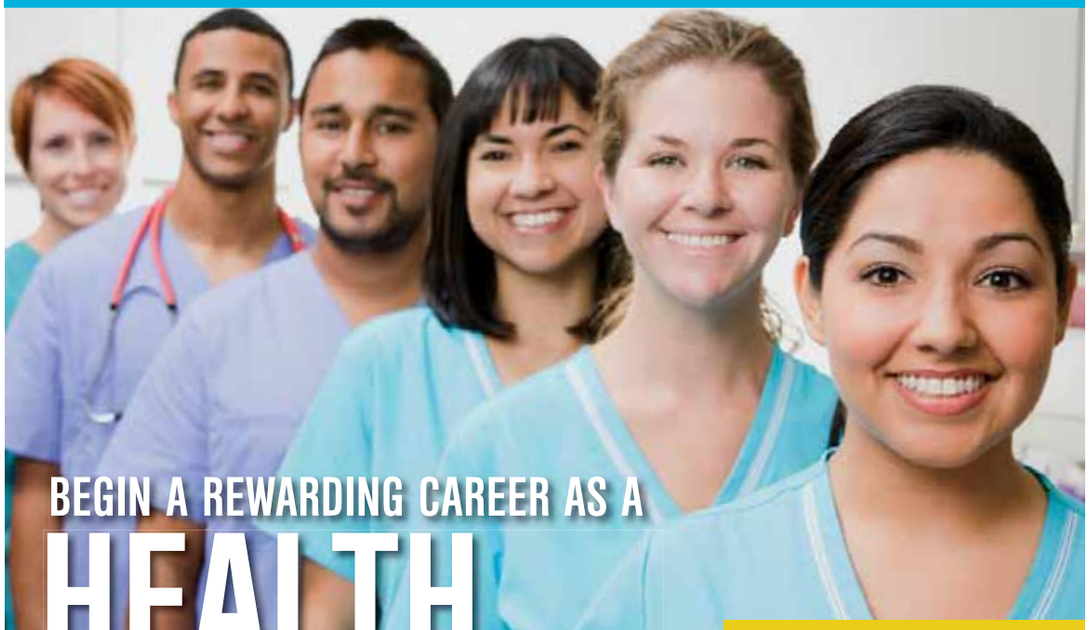

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Calgary still a fair, honest city

OPINION

Constant flux hasn't stripped our home of its character

IN DEFENCE OF **Mike Morrison**

Ten years ago, Mike Morrison moved to Calgary. Much has changed, but the city still rewards hard work. METRO FILE

Back on Oct. 1, 2005, I moved to Calgary.

Having just graduated with a degree in Spanish and education and not wanting to work in a call centre, I knew there wasn't much professional hope for me in New Brunswick. So, I packed up my Saturn Ion and did what every Canadian seemed to be doing and moved to Alberta.

Calgary was in the midst of one of its biggest booms yet. Ralph Bucks had just been announced and then handed out a few months later. Due to my new Albertan status, I missed out on the $400 prosperity bonus — something, I bet, the Notley government would kill for these days.

Some of my earliest memories were how terrible customer service was. Back then, jobs were as plentiful as PC MLAs. If one didn't want to work hard, there was always another job around the corner. Within weeks, I had three.

"I've always felt that if you want to be successful here, you can be.

I get asked all the time by friends back home if I'll ever move to another city, and my response is always the same: in the 10 years I've been here, the city has transformed so drastically, it feels like I already moved a couple of times.

Ten years ago, the Peace Bridge was just a twinkle in someone's eye, there was no cooler place to have brunch than Nellies, we still had a Santa Claus parade and the Calgary Tower wasn't hidden behind dozens of buildings.

I remember my first day in Calgary. I drove down 1st Street S.E. and was told I must never go there at night (RIP Cherry Lounge). Now, the area is packed with trendy coffee shops, cool hotels and a blow-dry bar, whatever that is.

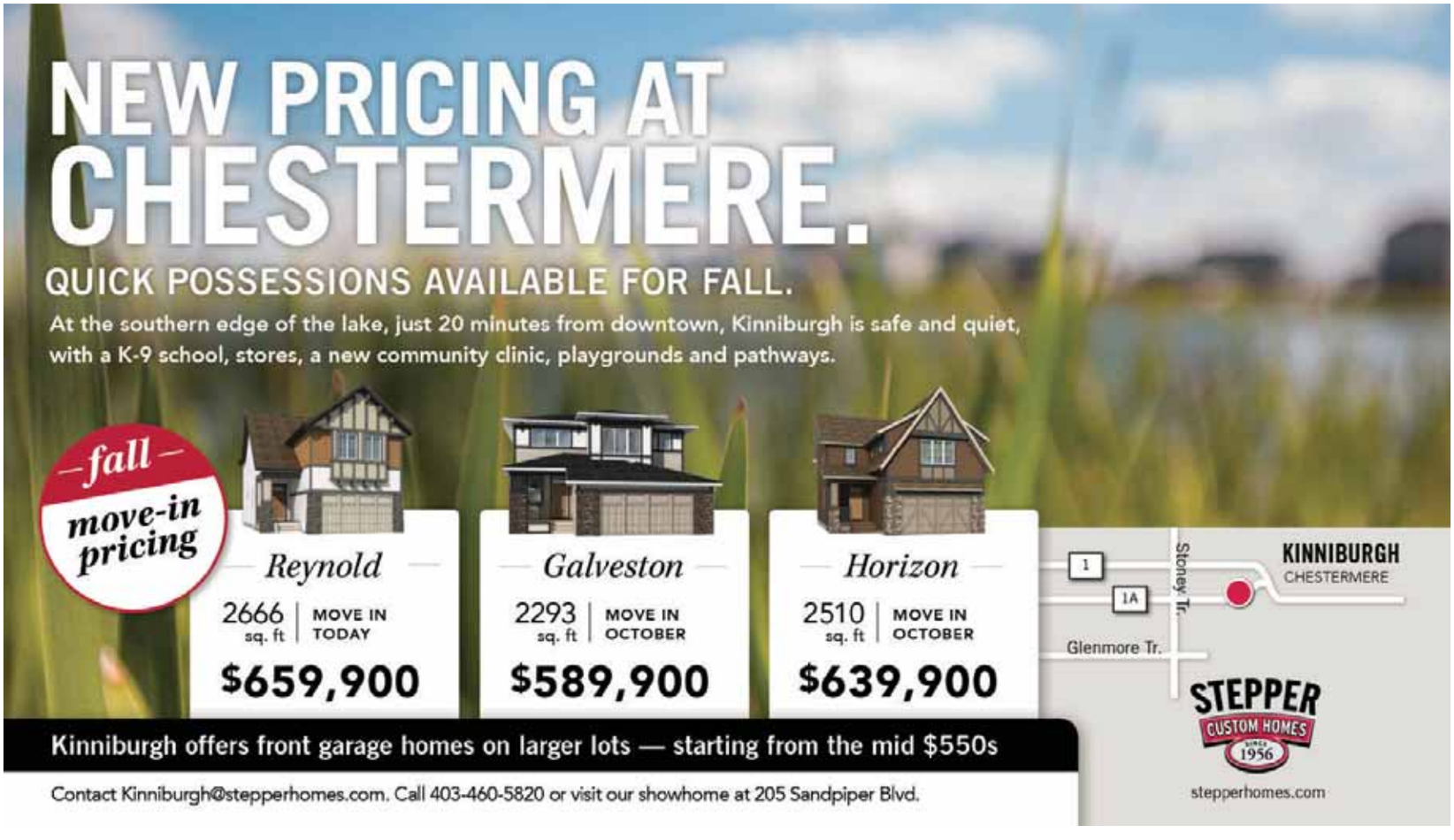
But, with all the changes, we lost some of the things that made Calgary so great. I miss the Uptown movie theatre, where I'd spend most of my first weeks and months watching cool independent movies by myself. There's the Penny Lane building, which I'm still upset about.

I think what I love the most is still the same thing I loved when I moved here 10 years ago: it rewards hard work. I honestly believe Calgary isn't a "who you know" kind of city. I've always felt that if you want to be successful here, you can be.

Sure, thanks to our reliance on the oil industry, it's not always easy. But living here is always rewarding.

And what more can you ask for? I mean, besides a Santa Claus parade.

Mike Morrison tweets from @mikesbloggity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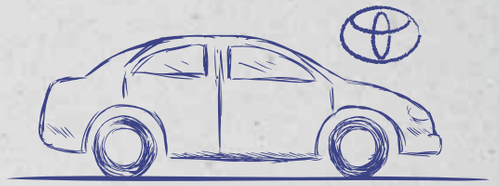

2. Customer picks bonus of their choice*
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Friday — Slash featuring Myles Kennedy and The Conspirators at Grey Eagle Casino

Since leaving Guns N' Roses in 1996, guitarist Slash has continued to tour and release excellent rock albums. Fans of GNR will hear some of that band's big hits, as well as tracks from Slash's latest album, World on Fire.

Friday — Seth Meyers at the Jubilee Auditorium

The Late Night host and ex-SNLer brings his stand-up set to Calgary to support the Owen Hart Foundation. Meyers joins an impressive list of names — including Jerry Seinfeld, Steve Martin and Russell Brand — who have performed a concert for the locally-based charity, which was founded by the late wrestler's wife, Martha Hart.

Saturday — Why Can't Minimal at Contemporary Calgary

Curator John G. Hampton has put together an entertaining exhibition that showcases the lighter side of minimalist art. While minimalism isn't usually tied to humour, the artwork displays more absurd and comical elements of the art form.

Saturday — Youth by Youth Cinema at Telus Spark

The Calgary International Film Festival is winding down, but there are a few more great events to take in. Aspiring filmmakers between the ages of eight and 18 compete for awards at this popular CIFF screening. There is a post-screening reception as part of the ticket price.

LISA WILTON/FOR METRO

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The Smalls: Forever is a Long Time screens Sunday at Theatre Junction Grand. CONTRIBUTED

Smalls doc to close fest

SCENE YYC

Q&A with filmmaker Trevor Smith

Lisa Wilton
Metro | Calgary

Formed in 1989, The Smalls were one of the most successful independent bands to ever come out of Alberta.

The Edmonton quartet bade adieu in 2001, but reunited for a string of sold-out shows last year. The band is also the subject of a new documentary by Alberta filmmaker Trevor Smith. The film, The Smalls: Forever is a Long Time, closes this year's Calgary International Film Festival on Sunday at the Grand Theatre. Metro talked to Smith about being a fan of The Smalls and making his first feature-length documentary.

When did you first meet The Smalls?

I've known them since the early '90s. The actual connections are a little hazy, but we had many musician friends and a love of hockey in common when I lived in Edmonton. Plus, I'd discovered them musically and was immediately hooked for life. My world of heavy metal was expanding at the time and The Smalls hit that transitional period perfectly.

How and when did the idea for The Smalls: Forever is a Long Time come about?

Making some tribute to The Smalls was always a thought deep in my mind, but when the news of the reunion arrived, the opportunity was irresistible. We were nervous, knowing how much energy and time it takes to make a textured feature film, but the closer the festival dates came in 2014, I felt myself pulled into the inevitability of it. There were too many attractive elements I just couldn't let slip by. You're never really ready for a feature film. You just trust your instincts and commit.

How do you feel about being chosen to close the Calgary International Film Festival?

I'm naturally flattered. Being the closing-gala film is an honour for us all, and the feedback has thus far been exceptional. We are all thrilled to share it together, the film team and The Smalls. It'll be a bit of a reunion of sorts for us, too, since we parted ways sadly last November.

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‘More than just a contest’

SCENE YYC

Alberta artists compete for PEAK prize

Lisa Wilton
Metro | Calgary

Calgary musicians Cowpuncher are one of 12 Alberta bands vying for the top spot. CONTRIBUTED

Money is often hard to come by when you’re an independent artist in Alberta.

Which is why 12 of the province’s best and brightest musical acts are working hard to win this year’s PEAK Performance Project grand prize.

The program, sponsored by radio station 95.3 The PEAK and run by Alberta Music, will give out cash prizes totaling almost $200,000 to winning bands next month.

But first they have to work for it. “It really is more than just a contest,” says Carly Klassen, Alberta Music’s manager of programs and operations.

“It truly is an artist development program designed to educate, promote, develop and launch up-and-coming artists.”

Klassen explains the 12 finalists, chosen out of 150 submissions by an online jury of music professionals, are asked to identify a key area that needs improvement in their careers and are presented with challenges to complete.

In August, the artists — who hail from Calgary, Edmonton, Lethbridge, Sherwood Park, Canmore and Fort Saskatchewan — were sent alongside finalists from British Columbia’s PEAK Performance Project to a music bootcamp in Princeton, B.C.

The finalists were mentored by industry professionals such as Mother Mother’s Ryan Guldemond, agent Nick Blasko (Tegan & Sara) and producers Russell Broom, Jeff Dawson, Howard Redekopp and Nik Kozub.

“It was an intense week of waking up early, going to class all day, getting live performance coaching and vocal coaching,” Klassen says. “It’s a lot for the artists to take in, but they learn so much in that one week and developed many strong relationships.”

One of the final steps in this year’s PEAK Performance Project kicks off Friday at the Nite Owl. For the next four Fridays, the PPP artists will showcase their sounds and be judged on stage presence, songwriting, musical ability and crowd reaction.

“We want to show what these artists absorbed from bootcamp and put it into their live shows,” Klassen says.

This Friday’s showcase features The Velveteins, The Wisers and rapper Transit. The final 12 is rounded out by Braden Gates, Leeroy Stagger, Layten Kramer, Two Bears North, The Royal Foundry and local bands Beach Season, Miesha & the Spanks, Northern Beauties and Cowpuncher.

The top three finalists will be announced on air on Nov. 3 and the winner of the $100,953 grand prize will be chosen at The Summit Awards on Nov. 21 at Flames Central.

TICKET INFO

- Tickets for the PEAK Performance Project showcases are available at the Nite Owl (213–10th Ave. S.W.)
- For more information on the program and the showcase lineup, go to PeakPerformanceProject.coms

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WORD ON THE STREET

Have you joined the Jays bandwagon?

I've always been a Blue Jays fan, but to see them make the playoffs finally is exciting, so I've been paying more attention.
Jason Chow, 34, homebuilder

No, I'm not really into the Blue Jays but, hey, I wish them all the best.
Brett Bayer,27, designer

Yes, I've joined the bandwagon. I've got a boyfriend who's heavily into it and I work at a bar that's been bumpin' because of it. Kaylee McCoey, 28, waitress

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Aaron Pollock is one of the Calgary acts behind a new Blue Jays anthem, '92. JEREMY SIMES/METRO

Embracing the Blue Jays

BUZZ

Calgarians write song capturing the playoff spirit

Jeremy Simes
For Metro | Calgary

When you think of Taylor Swift, do you think about the Toronto Blue Jays?

Probably not.

But, somehow, a dose of T-Swizzle has made its way into a new Jays anthem by Calgarian acts Aaron Pollock and Swift Olliver.

The song — '92 — plays on Swift's 22 because, well, 92 rhymed quite nicely with 22, Pollock said.

But he said he wanted '92 to have that feel-good vibe, much like Swift's 22.

"We really wanted to capture that uplifting vibe," Pollock said. "We wanted to give people that enjoyment of the Blue Jay's spirit — they're Canada's baseball team."

Pollock said he's no bandwagon-er — he's supported the Jays for quite some time.

But his public relations guy — Jay Davidson — is the true "die-hard" fan, Pollock said, adding it didn't surprise him that Davidson came up with idea.

"I was immediately impressed with (Davidson's) idea," he said. "It made a lot of sense."

So far, '92 has garnered about 13,000 views on YouTube.

Pollock's manager Stephane Labine said he hopes the song becomes a grand slam.

"I hope it's embraced by the Blue Jays and becomes an anthem for the team," Labine said.

"I hope it makes an impact in Toronto," Pollock added. "It'd be cool to hear it at the Rogers Centre — it's for the Jay's but it's also for Canada because it's our only baseball team."

'92 can be seen on YouTube.

ENTERTAINMENT

Jays games boost business at Calgary restaurants

Saturday morning's used to be a bit slower for the Rose and Crown Pub, according to Hollie Weatherbee, who serves at the establishment.

But that has changed since Calgarians have caught Blue Jays fever. That, or the city has always had fans; they're just showing up for the first time, she said.

"You notice the change when the Blue Jays are on," she said. "There's like a 1/4 more people, which doesn't sound like much, but it's a lot."

Schanks Sports Grill manager Randi Vevang has also noticed an influx of people coming to the bar for Jays games.

"We usually have that NFL, NHL and CFL crowd," she said. "But requests for Jays games with sound is like everyday."

Why the influx?

"It's the only Canadian team in the league," Weatherbee said. "Everyone loves to watch a team from your country winning."

"It's hard not to get caught up in the fun when supporting a Canadian team," Vevang added.

JEREMY SIMES/FOR METRO

METRO TALKS CHARLESTON HUGHES

FIND OUT MORE ABOUT THE ANTICS THIS VETERAN DEFENSIVE END GETS UP TO ON AND OFF THE FIELD IN OUR ONGOING LOOK AT PLAYERS, COACHES, STAFF AND FANS OF THIS CITY'S CFL CLUB

NEVER PREDICTABLE

CANDICE WARD/FOR METRO

Calgary Stampeders defensive lineman Charleston Hughes demonstrates his ability to dunk a basketball at the Talisman Centre in Calgary. CANDICE WARD/FOR METRO

Known for his crowd-pleasing antics on the field and on the sidelines, Calgary Stampeders defensive end Charleston Hughes is every quarterback's worst nightmare.

With his unmistakable and contagious laugh and laser focus on the field, Hughes is one of the most loved and feared players in the CFL today.

Hughes talks with Metro about how he likes to keep things unpredictable on the field and his most proud accomplishments off the field.

Breaking Records

Hughes is one of the few players on the current roster to have two Grey Cup championships under his belt, having won with the 2008 and 2014 teams.

When it comes to individual goals on the field, there's just one Hughes is chasing after: most quarterback sacks in Calgary Stampeder history. The current record is held by Stampeders alum Will Johnson with 99 sacks.

"I am trying to just take over that," said Hughes.

Hughes is currently sitting at 71 career sacks and said Johnson better look out because he's coming for that record.

For Hughes, the ultimate goal would be to lead the CFL in all-time sacks, but that record is currently held by Grover Covington with 157.

Game Plan

Part of Hughes' charm includes his ability to keep the crowd entertained. One way he and his fellow teammates do this is through their QB sack celebrations.

While Hughes' first priority is to make that big tackle, the next thing that goes through his mind is the sack dance.

"We do a group discuss on the d-line and we have meetings that we put together, describing what we're going to do for the next sack dance," said Hughes.

"I change it up every game."

He says choreographers have even come into play when it comes to planning these dances.

Impressive Resumé

Over the past eight seasons with the Calgary Stampeders, Hughes has tallied up impressive stats, but his work on the field isn't what he's most proud of.

"I'm most proud of my resumé — all the work I have done outside of football," said Hughes.

Never one to shy away from work that needs to be done in the community, Hughes takes part in any charity poker and golf tournament, appearances with the Stampeders, the Stampeders basketball team that visits local schools as well as Kids Up Front.

He's even taken two of his deserving fans from Twitter out for makeovers and photo shoots.

"I feel like I'm giving back to the fans who appreciate and support me the most," said Hughes.

Down Time

When he's not on the field, Hughes takes part in a variety of other athletic pursuits, such as basketball, golf, soccer and even tennis.

But when the off-season hits, he has one goal on his mind.

"Relax. I don't really do much, just be the man that I am," said Hughes.

LIGHTNING ROUND!

1. Favourite sport — other than football — to watch?
Lacrosse

2. What do you love to talk about, but no one ever asks you about?
Money

3. Your all-time favourite Stampeder (past or present):
James "Quick" Parker

4. Favourite Calgary hangout:
Elbow River Casino

5. What's your ideal vacation?
Spain

6. If we turned on your iPod, what would be playing?
Luther Vandross

7. What movie could you watch over and over again?
Neighbours

8. Bucket-list item you are dying to cross off?
Skydiving or ride in a fighter jet

9. Early bird or night owl?
Night owl

10. Beer or wine?
Wine

11. If you never became a football player, what would you have become?
A vampire

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Quebec heats up ahead of debate

ELECTION 2015

NDP numbers soften in polls, Grits and Tories look for gains

In Ascot Corner, Que., population 2,000, 50 farmers and a few tractors showed up this week to protest outside an all-candidates meeting.

Fifteen minutes away, in Sherbrooke, Calgary Conservative Jason Kenney came bearing his party's message on religious face-coverings as he campaigned with local candidates.

And in Quebec City, the National Assembly voted Thursday to condemn acts of hate and violence against Muslim citizens.

The federal campaign is hot in Quebec, with a few particularly provocative topics with the potential to shake up the vote. The final French-language debate Friday night, hosted by the TVA network, has become a high-stakes event for the leaders tussling over the province's 78 seats.

In recent weeks, the NDP's polling numbers in the province have softened, opening up the possibility of unexpected gains for their rivals.

For example, Liberal Leader Justin Trudeau is hoping to win back seats his party formerly held in Montreal. He was in the city's suburbs Thursday, promoting more transit infrastructure to alleviate the city's gridlock

The emotional issue of religious accommodation and specifically the wearing of face coverings during citizenship ceremonies, has become one of the most contentious issues. There is wide support in the province for the Conservative and Bloc Quebecois position that women wearing the niqab be forced to remove it when swearing the oath.

But the niqab issue also appears to have spurred more than just anti-Islamic rhetoric in the province. A pair of teens tore the headscarf from a pregnant woman in Montreal earlier in the week, causing her to fall on the ground. THE CANADIAN PRESS

WHERE THE LEADERS ARE FRIDAY

- **Stephen Harper**, **Justin Trudeau** and **Tom Mulcair** will all be in Montreal for tonight's French-language leaders' debate.

Elizabeth May's itinerary was unavailable.

Liberal Leader Justin Trudeau addresses employees and supporters during a campaign stop at a forklift dealership in Montreal, Thursday. Trudeau is hoping to win back seats his party formerly held in the city. PAUL CHIASSON/THE CANADIAN PRESS

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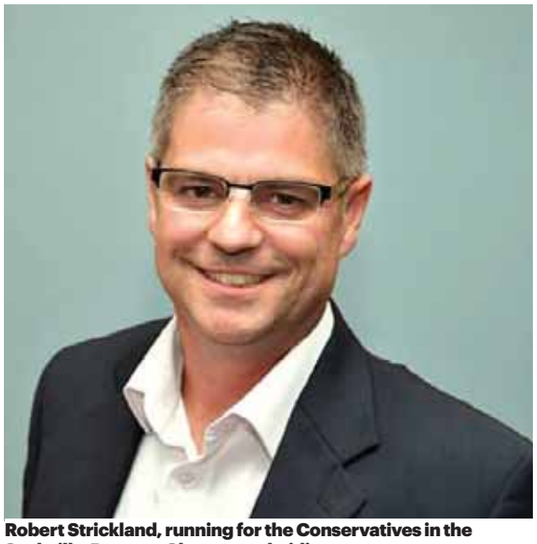


Robert Strickland, running for the Conservatives in the Sackville-Preston-Chezzetcook riding. CONTRIBUTED

Candidate in Facebook predicament

NOVA SCOTIA

Volunteer blamed for low-blow comment

Stephanie Taylor
Metro | Halifax

A Conservative candidate in the Halifax region is in hot water on social media after a comment on his Facebook page instructed a man to "gain some experience in life," and get a degree, in response to questions.

A Facebook page for Robert Strickland, running for the Tories in the Sackville-Preston-Chezzetcook riding, was host to a conversation that started with a question posted by a user named Mitchell Van Oosten last Monday.

Van Oosten asked, "How will you promote growth in a recession while balancing the budget?," in the comment section below a party ad that boasted a plan of low taxes, a balanced budget and steady growth.

Besides underscoring that the plan "already has Canada performing at the top of the countries of the world," the user on the candidate's account explained Strickland has a background in international business and hefty experience in consulting for a variety of entrepreneurs and industries. A series of lengthy messages were exchanged between the pair, in which Van Oosten asked to see Strickland's LinkedIn profile and more statistics to back up the claim on the country's standing.

Van Oosten, who says he is living abroad and is considering completing a Master's degree, repeats the question of what will the candidate and party do to improve the economy, protect the environment and support developing nations.

"Well Mitchell, from my perspective, which spans residency in 3 countries, work in 5 countries including 8 provinces of Canada and 22 states in the US … I will wait for you to gain some experience in life," the user responds.

"Please respond when you have a tenure higher than 1 year at any one employer and perhaps have completed a degree rather than talking about starting one."

By Wednesday evening, the comment had been replaced.

> **I will wait for you to gain some experience in life.**
> Part of the offending post

"Due to the busy nature of campaigning I rely on my volunteers to help with various tasks including doing my social media," Strickland said in an email statement to Metro Halifax.

"One of my volunteers mistakenly posted a comment that was not in my own words and not accurate. I have since posted a comment that better reflects my views."

COURT

Jian Ghomeshi enters not-guilty plea

Disgraced former broadcaster Jian Ghomeshi pleaded not guilty Thursday to five charges, including four counts of sexual assault and one count of overcoming resistance by choking.

The former host of CBC Radio's cultural affairs show Q did not speak with reporters as he walked into the courthouse in downtown Toronto where he was arraigned during a court appearance.

Ghomeshi, wearing a dark suit and tie, spoke only two words in court, "not guilty," when asked how he pleaded. He had to repeat that because he wasn't speaking into a microphone. Judge William Horkins then cleared the public and media from the courtroom to deal with a motion.

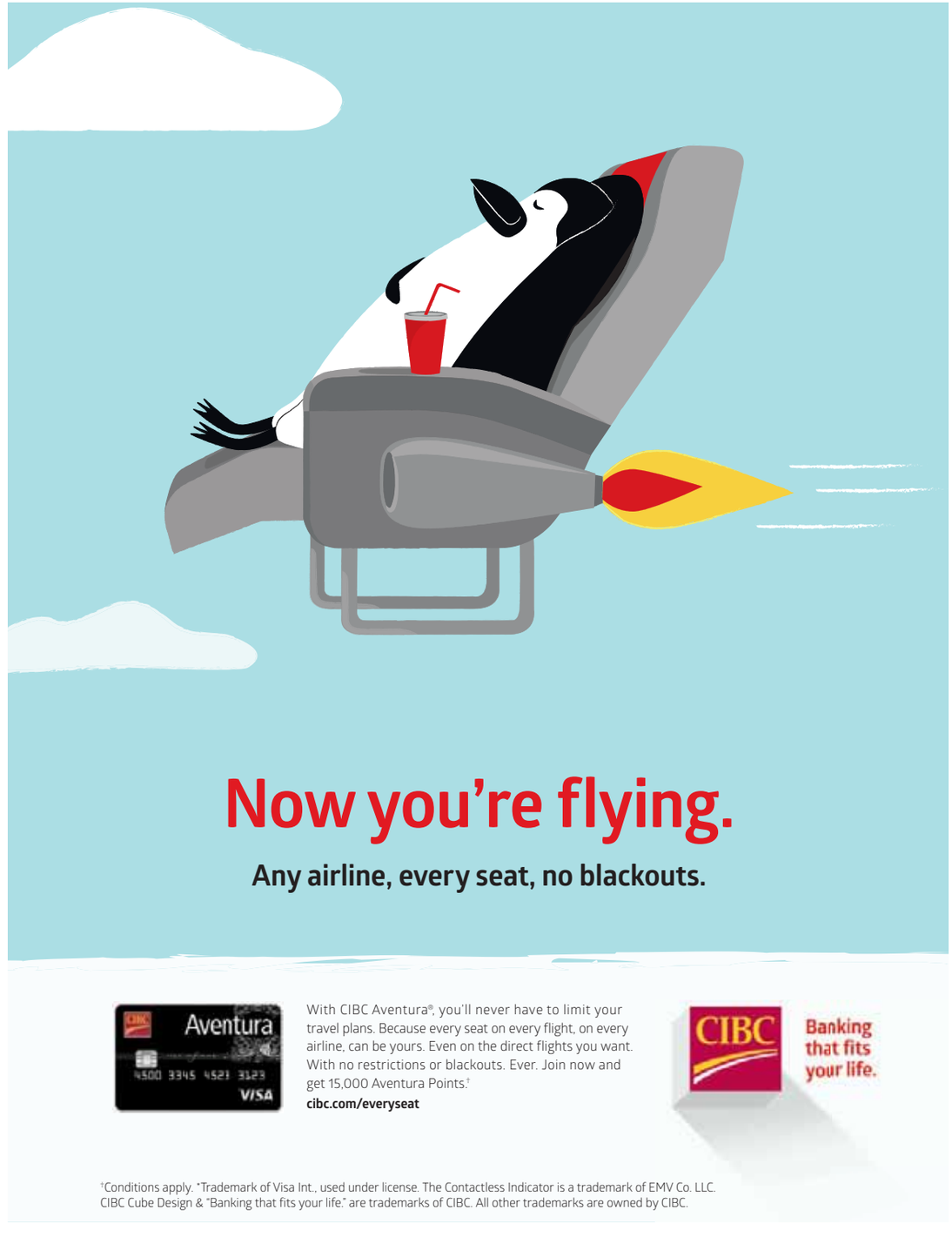
Ghomeshi's trial begins Feb. 1, and will be by judge only.

The 48-year-old was originally charged with seven counts of sexual assault and one count of overcoming resistance by choking, but the Crown withdrew two sexual assault charges in May because they said there was no reasonable prospect of conviction.

A lawyer for Trailer Park Boys actress Lucy Decoutere, one of the women involved in the case currently before the courts, said the allegations against Ghomeshi have triggered an important national conversation about intimate violence.

"While this case works its way through the justice system, countless assault survivors are privately reclaiming agency over their lives, telling their stories, and finally beginning to trust that people will believe them," said Gillian Hnatiw.

Ghomeshi's $100,000 bail conditions require him to remain in Ontario and live with his mother. THE CANADIAN PRESS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READY TO ENGAGE

Metro's coast to coast daily election series connects young, urban Canadians to the issues they care about

No party has anything 'really bold and innovative'

ROSEMARY WESTWOOD
in Toronto

Politics is fireworks to Rodney Diverlus — but this election is a dud.

That is why Diverlus, a hyper-passionate 25-year-old dancer and co-founder of Black Lives Matter Toronto, can both tear through an interview on the election, speaking in loud rapid-fire, and end up not voting for anyone.

In the midst of what he calls a supremely boring campaign, filled with parties and politicians who either don't speak to his issues, or don't represent his people — or do neither — Diverlus says he could conceivably hand Elections Canada a blank ballot.

"There's nothing bold, there's nothing exciting. None of the parties are offering anything really bold and innovative that are getting people to the polls that haven't been to the polls before," he tells me on the phone from Edmonton, where he's performing with Decidedly Jazz Danceworks.

At the core of Diverlus's politics is the policing of visible minorities, and in particular black Canadians.

"There's no national strategy to address police violence, and few accountability measures for the way police interact with black communities," he says. What is a national conversation in the U.S. remains siloed in individual Canadian communities, he argues.

He's concerned with Canada's penal system, too. Mandatory minimum sentences, he says, "put people in a box and say, 'You're not worthy of society.'" He imagines a system built more on restorative justice and reintegration, one that recognizes homelessness, poverty and desperation as root causes.

Diverlus, a recent university graduate, says his other key issue lies in his "30-plus-thousand dollars of debt" and how, if at all, the federal leaders plan to help him.

(After this interview was conducted, NDP Leader Thomas Mulcair announced a promise to gradually phase out interest on federal student loans.)

He knows the Greens are promising to relieve debt and end post-secondary tuition fees, but the party is "not even a close fourth."

He also doesn't relate to the Greens' "left-wing, white, hipster environmentalist" image. For that matter, he sees a "major lack of representation of racialized, indigenous and black folks" in all the major parties. (In 2011, visible minorities were only 9 per cent of elected MPs).

On the Conservatives: "Oh, gosh. Uhh..."

Aside from not aligning with "98 per cent" of his values, the party, he says, is running a campaign of "quick headlines, rapid points, fear mongering."

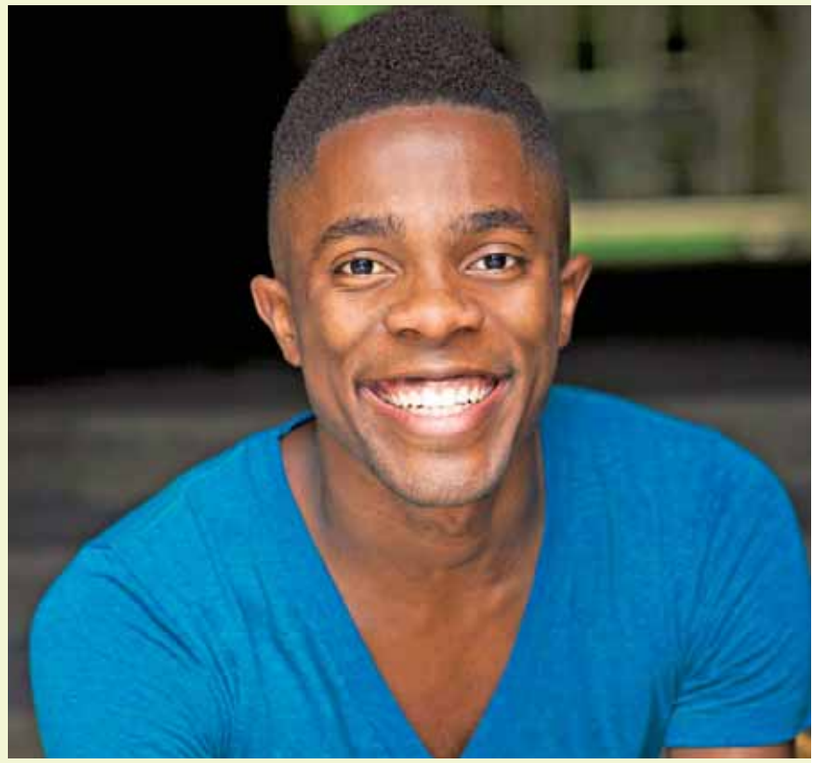
And he finds the Liberals hard to pin: "We're kind of left, kind of right, kind of supporting social services, kind of supporting corporations and military. We have our hands in community pockets, we have our hands in corporate pockets."

The NDP used to be a possible home for his vote, but he's seen the party move to the right, he says, and abandon its leftist base.

There's still time for politicians to speak to his issues, he notes. But he's not waking up wondering if today will be the day he dies in a terrorist attack. "I say, 'Will this be the day I have a negative interaction with the police? How will I pay down my student debt?'"

It might be a big election, but Diverlus sees far more hope in the day-to-day politics of community groups and local activism, the politics of "individual lives."

Rosemary Westwood is travelling across the country talking to young voters. She'll be in Toronto again tomorrow.



VOTER PROFILE

Name: Rodney Diverlus **Age:** 25 **Riding:** Spadina-Fort York
His issues: Justice-system reform, student-loan reform

Debate over minimum wage rages on campaign trail

INCOME

Getting paid enough to live is top issue for those in poverty

Shane Gibson
Metro | Winnipeg

For Dexter LaPlante the defining issue in this federal election is wages. The 25-year-old recently left his 1-1/2-year-old son and girlfriend in Saskatoon for Winnipeg in the hopes of setting up a new life in the city for his young family.

But it's a struggle — he's going to school full-time to finish his Grade 12, lives in a one-room suite with his brother in Winnipeg's rough North End, and works a part-time job at night for a minimum wage that he says doesn't leave him with enough to live on.

LaPlante says he'll vote in the upcoming federal election and is interested in NDP Leader Thomas Mulcair's promise to raise to $15 the minimum wage for employees in federally regulated industries such as rail and air transportation, telecommunications, banks and uranium mining.

Mulcair's pledge has come under fire because provinces would still control the minimum wage for jobs like LaPlante's, but Manitoba Federation of Labour president Kevin Rebeck calls it a good start.

Nancy Ogden and her grandson, Kevin Glossip, embrace outside Oklahoma State Penitentiary on Wednesday, the day their relative Richard Glossip had been scheduled to die. KEVIN HARVISON/THE MCALESTER NEWS-CAPITAL/THE ASSOCIATED PRESS

Court asked to hold all executions

OKLAHOMA

Competence in question after wrong drug gets delivered

Oklahoma's attorney general on Thursday asked a court to delay all scheduled executions while the state reviews how it received the wrong drug as it prepared to lethally inject an inmate.

Attorney General Scott Pruitt said Oklahoma needed time to sort out why its Department of Corrections received a shipment of potassium acetate rather than potassium chloride for Richard Glossip's execution that was to occur Wednesday.

State officials said they became aware of the mix-up Wednesday. State protocols adopted following the flawed execution of Clayton Lockett last year directed that the warden of the Oklahoma State Penitentiary "verifies execution inventory" two days prior to an execution.

"Certainly it raises a lot of the same questions raised by the Lockett execution, which is whether this department is competent to carry out its own procedures," said Jen Moreno, a staff attorney with the Death Penalty Clinic at the University of California's Berkeley Law School. "Minutes before the execution is supposed to start, that's when they realize they don't have the right drugs?"

The attorney general's move came hours after Gov. Mary Fallin said she was confident the state could resolve its problems in time for an execution set for next week.

Oklahoma had planned to execute Glossip, 52, who was convicted of arranging for a handyman to kill their boss in 1997.

THE ASSOCIATED PRESS

IN BRIEF

Plane crash in Afghanistan kills U.S. service members

A U.S. defence official says 12 people, including five U.S. service members, are dead after the crash of a military plane in Afghanistan. The official says the plane crashed at Jalalabad Airport at about midnight local time.

THE ASSOCIATED PRESS

More than 100 protected scorpions seized at airport

Customs agents at Paris' Charles de Gaulle airport have seized 115 scorpions from a protected species hidden in two shipments from Cameroon to the U.S., apparently destined for sale on the Internet.

THE ASSOCIATED PRESS

SKYDIVING

Elite jumpers start breaking records

More than 200 aerial daredevils plunged into the record books this week, linking up in a giant lattice-like configuration 2,130 metres above Southern California to shatter a world record for the largest sequential skydiving formation.

The group of 202 leaped Tuesday afternoon at Skydive Perris, 130 kilometres southeast of Los Angeles, the Riverside Press-Enterprise reported.

The jump centre's manager, Dan Brodksy-Chenfeld, said Wednesday that more records could fall in the days ahead. The same elite group of jumpers is poised to take to the air again this week in an effort to form three separate formations, he said.

The Federation Aeronautique Internationale, which keeps track of skydiving and other aviation-related records, had a judge on site to verify that Tuesday's leap set a record. It shattered the old mark of 122. THE ASSOCIATED PRESS

The group included pros from the U.S., Russia, Brazil, Italy, France and Germany. CRAIG O'BRIEN/THE ASSOCIATED PRESS

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‘It’s been a terrible day’: Sheriff

ROSEBURG, OREGON

Several dead in mass shooting at community college

A gunman opened fire at a community college in Roseburg, Oregon Thursday, killing at least nine people before dying in a shootout with police, authorities said.

A government official says the man who opened fire at an Oregon community college was 26-year-old Chris Harper Mercer.

The official wasn’t authorized to speak publicly and provided the name on condition of anonymity.

The shooter invaded a classroom and demanded that people stand up and state their religion before spraying more bullets, one student reported.

Authorities shed no light on the gunman’s motive and said they were investigating.

Douglas County Sheriff John Hanlin said 10 people were dead — including the gunman — and seven wounded after the attack at Umpqua Community College in the small timber town of Roseburg, about 180 miles south of Portland.

Authorities respond to a report of a shooting at Umpqua Community College in Roseburg, Ore., on Thursday. MICHAEL SULLIVAN/THE NEWS-REVIEW/THE ASSOCIATED PRESS

Earlier, Oregon Attorney General Ellen Rosenblum said 13 people were killed. It was unclear what led to the discrepancy.

“It’s been a terrible day,” a grim-faced Hanlin said. “Certainly this is a huge shock to our community.”

Hours after the attack, a visibly angry President Barack Obama spoke to reporters at the White House, saying the U.S. is becoming numb to mass shootings and that the shooters have “sickness” in their minds.

Repeating his support for tighter gun-control measures, the president said thoughts and prayers are no longer enough in such situations because they do nothing to stop similar attacks from happening a few weeks or months later.

He challenged voters wanting to confront the problem to vote for elected officials who will act.

Some students were in tears as they left. Police lined up students in a parking lot with their hands over their heads and searched them before they were bused with faculty to the nearby county fairgrounds, where counsellors were available and some parents waited for their children.

Interim college President Rita Cavin said it was awful to watch families waiting for the last bus of survivors and their loved ones were not on it.

“This is a tragedy,” she said. “We have a wonderful, warm, loving and friendly campus.”

The sheriff’s office reported on Twitter that it received a call about the shooting at 10:38 a.m..

Former UCC President Joe Olson, who retired in June, said the school had no formal security staff, just one officer on a shift.

“I suspect this is going to start a discussion across the country about how community colleges prepare themselves for events like this,” he said.

THE ASSOCIATED PRESS

SOCIAL MEDIA

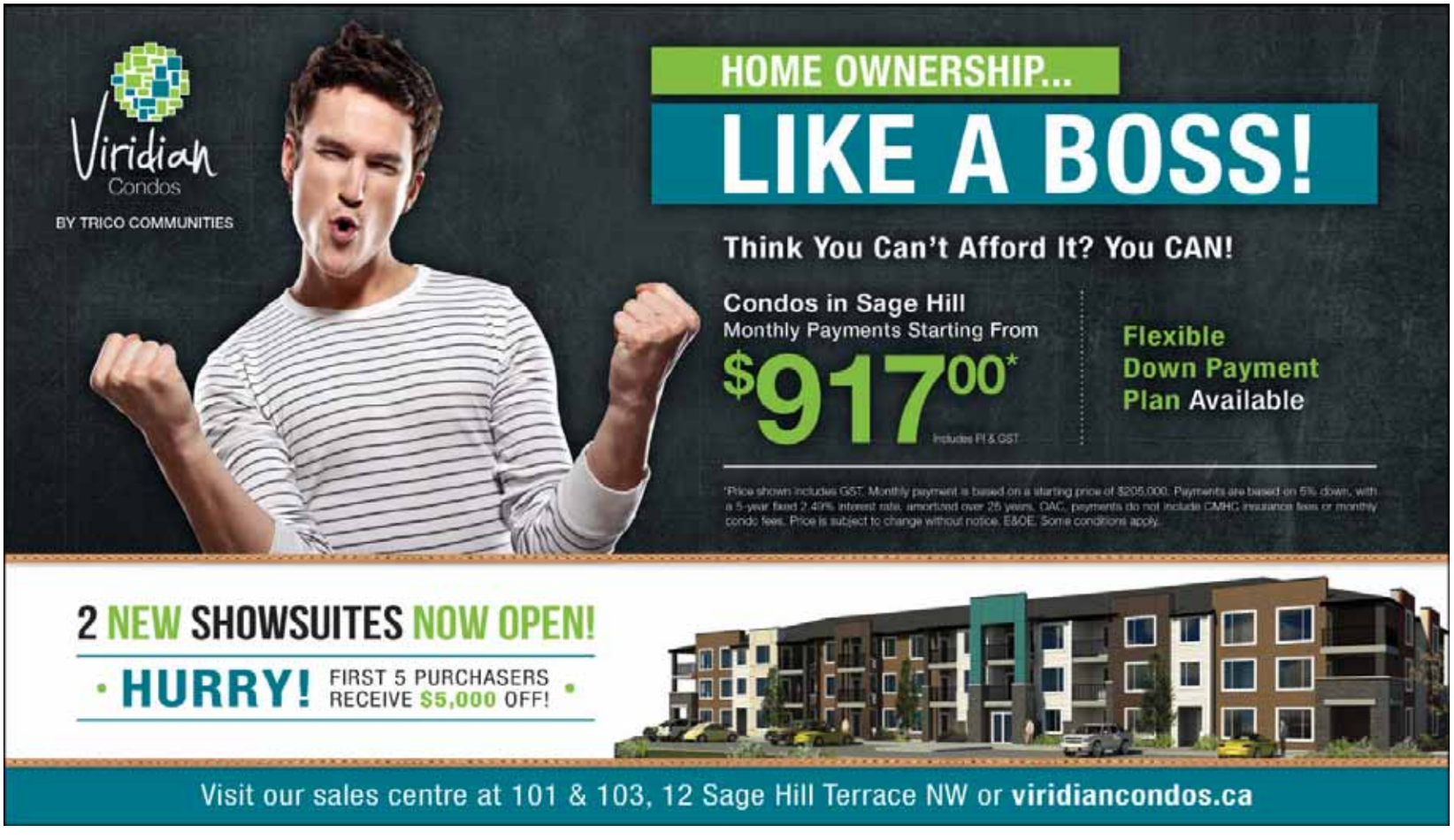
Shooter may have warned of plans on 4chan

The Umpqua College appears to have left a warning about the crime on 4chan, a popular online forum that allows users to post anonymously.

The original post is no longer available — 4chan does not archive conversations — but screenshots of the thread began circulating after news broke of the shooting Thursday afternoon.

“Some of you guys are alright. Don’t go to school tomorrow if you’re in the northwest,” the anonymous poster says in a thread that appears to be dated early Thursday morning. Some 4chan users egged the person on, encouraging them to post updates. 4chan has often been the source of online pranks and hoaxes, and the nature of the site makes it difficult to verify the exchange is real.

LUKE SIMCOE/METRO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Nepal angered by Indian blockade

SUPPLIES

Nationals feel it's in response to their new constitution

Nepal is running out of gasoline and medical supplies are becoming scarce. NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

Nepal feels like it is being choked. It's running out of gasoline. Medical supplies are becoming scarce. All because of an unofficial economic blockade imposed by neighbouring India from where Nepal gets almost all its essential supplies.

Many Nepalese believe that India has been retaliating against their government since Sept. 20, when it approved a new constitution seen by New Delhi as discriminatory to an ethnic Indian community — the Madhesi — living in Nepal's border districts.

For months as Nepalese lawmakers were debating the draft constitution, these areas witnessed violent protests by the Madhesis during which at least 45 people were killed. Hours after the constitution was passed by an overwhelming majority of lawmakers, violence escalated.

Soon after, Indian trucks — which trundle daily across the borders, through the plains and up Nepal's hills toward the capital, Kathmandu — stopped. While 100 or so trucks crossed over on Wednesday, more than 1,000 were left waiting at the border with shipments including medicine, gasoline, cooking fuel and produce going to rot. By Thursday afternoon, nothing more had moved. Authorities in both India and Nepal assure they are working through their difference and that supplies will resume soon. But neither side can say when that might be.

Officially there is no blockade, and India says truckers are simply afraid to enter Nepal and end up as victims of the violence.

But Nepal's government says Indian security personnel are not allowing cargo trucks to cross the border.

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TRANS-PACIFIC PARTNERSHIP

Canada trying to seal deal

The Canadian government is eager enough to complete a historic trade agreement this week that the country's lead minister has no idea when he'll be back home campaigning in the federal election.

In his first full day at the meetings that could ultimately clinch the 12-country Trans-Pacific Partnership, Ed Fast said he's willing to stay as long as it takes. He said he doesn't yet have a return plane ticket to British Columbia because, he says, completing the deal is critical to Canada's economy.

"What I can say is that Canada is prepared to negotiate, to stay here until we have a deal," the international trade minister said Wednesday.

"We believe we are on track to do so."

He insisted that he's also willing to walk away if necessary: "I can't prejudge whether there will be a deal this weekend … We are only going to sign a deal that is in our national interest."

THE CANADIAN PRESS

LG doubles down

SMARTPHONES

Firm hopes dual display, wider selfies will halt slide

South Korean smartphone maker LG Electronics Inc. unveiled a new smartphone Thursday with an additional screen and a camera that can capture a wider scene when taking a selfie, hoping to arrest a slide in its market share.

The V10 comes with another screen above the main 5.7-inch display.

The small second screen can stay on to display weather, time and date when the main display is turned off. It has room for frequently used apps and can receive notifications while using the main screen to watch a video.

The V10 smartphone is LG's latest attempt to make headway in the premium mobile phone market. Its flagship G series phones were edged out by new phones from Samsung and Apple.

A visitor tries LG Electronics Inc.'s new V10 phone during its unveiling ceremony in Seoul, South Korea, Thursday. LEE JIN-MAN/THE ASSOCIATED PRESS

The company has lost its market share in the smartphone market in recent months, falling to the seventh place globally as Chinese vendors surpassed its shipments.

The new phone's front camera is equipped with a standard 80-degree lens and a 120-degree wide-angle lens option. That means a larger group can fit into a selfie shot taken with the V10.

"The ability to take group selfies without a selfie-stick has never been easier," LG said in a statement.

The V10 phone will go on sale in South Korea later this month for 800,000 won ($678 US) without a contract from a carrier, followed by the U.S. launch next month.

THE ASSOCIATED PRESS

IN BRIEF

Call of Duty under fire for fake terror attack tweets

A series of promotional tweets for the Call of Duty video game came under some criticism because they described a terrorist attack with no immediate disclaimers stating they were fictional. The War of the Worlds-style tweets were designed to look like those of a news organization. The first tweet announced unconfirmed reports of an explosion at the Singapore Marina. Call of Duty: Black Ops III takes place in a fictional city overrun by zombies.

THE ASSOCIATED PRESS

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Feeling frustrated: Apple has given a makeover to its dreaded "Wheel of Death" icon, which pleads users for patience — though it's not clear if the cleaner lines have a calming effect.

PRO CON

Where are you really from?

It's an awkward question people get pretty often if others have trouble placing their ethnicity. But is it offensive, or even racist?

YES: I'm just as Canadian as any white person

Christine Estima
For Metro

The bane of my existence has been this dialogue:

"Where are you from?"

"Montreal."

"No, where are you *really* from?"

Why does this chip away at my sense of self and national identity?

When someone asks, "But where are you really from?" what they're really saying is, "You're not white, and you don't adhere to my stringent idea of what constitutes a Canadian. So why are you here?"

It's a subtle form of racism that hides behind the banner of, "Oh, I'm just curious." You're not curious. You just refuse to accept minorities are part of Canada's mosaic.

It's a subtle form of racism that hides behind, 'Oh, I'm just curious.'

Canada's history is so steeped in multiculturalism and diversity, yet it's amazing how the image of what a Canadian looks like doesn't include me. I have been told time and time again that I'm not a real Canadian, and alternately that I have abandoned the culture people think I *should* belong to.

One woman — a complete stranger, I might add — came up to me on the street and said, "You look like you're from a race that hasn't been invented yet." Good one!

I'm of mixed heritage, half Portuguese and half Lebanese, with one great-grandfather who came from Syria. I was born and raised in Montreal, I speak English and French, I grew up ice skating and I know all the lyrics to The Log Driver's Waltz.

The only culture I've ever known is Canadian, but because I have thick eyebrows, olive skin and other Mediterranean features, my qualifications, personality and intelligence are never as important as my "fiery Latina" look.

Eye roll.

I get it; you can't place my ethno-cultural heritage. But when you ask me where I'm from, you need to accept the answer I give you.

Because I'm from Montreal.

If the only way you can interact with someone is by categorizing their ethnicity first, you are reducing complex human beings to the sum of their parts. And I refuse to buy into your binary rhetoric.

If you can't figure out my ethnicity, here's what you should do:

1) Don't worry about it and go about your day.

So when someone asks me, "But where are you *really* from?" I reply, "I'm just as Canadian as any white person."

It brings their implied racism to the fore. Most importantly, it messes with their heads for my viewing pleasure.

Christine Estima is a writer and spoken-word artist. She tweets at @christineestima.

NO: We're more sensitive now, but not more thoughtful

Deena Douara Karim
Metro | Toronto

People, you're allowed to say "black." I have it on good word.

When I asked a colleague to identify a woman I was looking for, his response included "red jacket," "shortish hair," and "not tall." Not having noted the colour of jackets that day, I finally asked, "Is she black?"

We've become quite sensitive but not more thoughtful. It's our prejudices — not our vision — that need to be tempered. (And yes, I would have mentioned whiteness too if it was useful.)

The most progressive amongst us have a knee-jerk reaction to all references to race and ethnicity. Basically, you don't refer to either unless it's followed by an injustice.

Maybe that's one reason we've deemed offensive the once-innocuous, "Where are you from?"

Sure, the question is clumsy ... but do we really think it's about immigration status?

Sure, the question is clumsy and imprecise, but do we genuinely think people are asking about our immigration status?

I too am asked where I'm from, but I'm not offended if someone recognizes that I may also belong to a culture that coexists with our shared one. Why conclude they think I'm "less Canadian" than Stephen Harper's "old-stock" variety? I can't help but think there's defensiveness in such a response. I'm not Canadian minus Egyptian. I'm Canadian plus Egyptian.

In my case, my background does add layers of language, tradition and religion to my identity. And as a poor small-talker, layers of conversation as well.

I understand the concerns. Why should it matter? Why single out "ethnic-looking" minorities?

Certainly ethnicity shouldn't matter to an employer, police officer or judge. But it matters. My parents left the comfort of their family, language and community for an unknown land. That shaped me. Wary and protective, they didn't allow me to spend the night out. That also shaped me.

While nothing is universal, if there were no common experiences then "Signs you were raised by (insert ethnicity) parents" videos wouldn't make us laugh.

I'm certain there are minorities who've lived no culture but Canadian culture; but I know many more who visit "back home"; take pride in passed-down recipes and bond over shared childhood embarrassments. There are a range of reasons people ask about my background, and reasons I'm curious about yours. Maybe I've travelled to that country and would like to share my experience, or I'd like to visit one day and would welcome your insights. Perhaps you have questions about Egypt and (correctly) assume I've paid more attention. Maybe next time you hear about terrorist Arabs you'll remember, because you asked, that there's at least one peace-loving Arab in your life.

We shouldn't have to pretend not to see skin colour, hear accents or recognize features. We're not all the same — but why is that the goal?

Deena Douara Karim is a journalist and photographer. She tweets at @Deena_Do.

metroview

The Tories have more Muslim supporters than you might expect

Steven Zhou
For Metro

Popular convention has it that Canadian Muslims and Stephen Harper's Conservative Party just don't get along.

Conservatives refer to the Muslim community as a hotbed of extremist violence and cultural backwardness in order to justify their security and immigration legislation. There's significant backlash among Muslims, many of whom don't want to be made to feel like they're not part of Canada.

So there's a lot of truth to the assertion that Muslims don't like Stephen Harper, but there's actually more to the picture than meets the eye.

A recent surge in anti-Harper organizing by Muslims inside Ontario makes it appear anti-Tory sentiment now fuels all Muslims politically. Moreover that it's what will drive Muslims to the polls on Oct. 19, where most will vote against Harper. This may be accurate enough, but it ignores the ultraconservative streak within the Muslim community. The truth is, a sizeable portion of Canadian Muslims vote Conservative.

Muslims who are organizing their communities against Harper have been politicized a certain way. Those who have been paying attention to the current administration know Muslims have been caricatured as this country's bogeymen. And they're likely to seek alternatives. But they don't account for all Canadian Muslims.

Plenty of Muslims just don't care. Their apathy is reflected in part by the community's low voter turnout. It means a good portion of Canadian Muslims aren't politicized much, let alone in a way that aligns them with a progressive agenda. An Ipsos Reid exit poll showed the Liberals got the most support from Muslims in 2011, but also that 12 per cent of voting Muslims went Tory. This isn't a huge number, but not a negligible one either.

Muslims who haven't been shown the effects of the so-called "Harper decade" on the Muslim community are more likely to use social issues as a guide when approaching politics. Many Muslims tend to boil their religious identity down to being pro-life, anti-gay marriage, or some other mishmash of reactionary stances. Their political outlook isn't influenced by much else.

These are the Muslims who look at Harper and see a family man who mows his lawn and doesn't like to overspend. (They're not familiar with the Tories' consecutive national deficits). In other words, they think, "He's socially conservative and fiscally conservative, just like me."

Instead of mocking what they see as the Muslim Tories' apparent lack of political awareness, Muslims who want to replace Harper should recognize the size of their opposition within their very own community.

Steven Zhou is a Toronto-based journalist and editor. He tweets at @stevenzzhou.

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MOVIES MUSIC TELEVISION DIGITAL

Members of cast met representatives from NASA and the European Space Agency in preparation for shooting The Martian. TWENTIETH CENTURY FOX

Fantasy of space now a reality

SPACE DRAMA

Scott says The Martian was 'a much more realistic movie'

Richard Crouse
For Metro Canada

Director Ridley Scott says his new film, The Martian, is much more realistic than his other, classic space dramas.

"The fantasy of space," he said, "which is now also a reality, is a marvellous platform and a form of theatre. Honestly, almost anything goes. But, if anything goes whether you do a play, a book or a film, you've got to actually make your own rule book and stick within the confines of the rules you make. So, if I'm doing space fantasy like Alien or Prometheus, I've got to draw up the sidelines of the rule book and stick within them. It's still a fantasy because it's never going to happen. (The Martian) is a lot easier because, actually, you can lean very heavily on the science in the book. This was a much more realistic movie."

That realism stems from source novel by Andy Weir, a self-professed science geek who worked to ensure that the story of Mark Watney, an astronaut who survives after being left for dead on Mars, felt genuine.

"The basic structure of the Mars program in the book is very similar to a plan called Mars Direct, though I made changes here and there," he said, in a Q & A on the Penguin Random House website. "It's the most likely way that we will have our first Mars mission in real life. All the facts about Mars are accurate, as well as the physics of space travel the story presents. I even calculated the various orbital paths involved in the story, which required me to write my own software to track constant-thrust trajectories."

As research the actors met with representatives from NASA's Jet Propulsion Laboratory and the European Space Agency.

"I got to go to the JPL in Pasadena and meet with all the robotics guys and see the Curiosity Rover and do virtual reality to be on Mars and see what that would be like," said Jessica Chastain, who plays the commander of the Mars mission. "Then I went to Houston and met with Tracy Caldwell Dyson, who's an astronaut and talked to her."

The cast says filming the zero gravity and space walk scenes involved careful planning and wirework to make them look authentic. "It's choreographed to within an inch of its life and we're just along for the ride," said Chastain. "It feels very much like a dance and there is choreography to it," adds Kate Mara, "but, once you do it, you really do feel like a little kid."

The former House of Cards star says Scott was enthusiastic about shooting those scenes. "Maybe he was just faking it really well (but he) seemed just as excited as we did when were doing the scenes floating through the air."

Matt Damon, who demonstrated another technique to achieve the look of weightlessness on screen at The Martian TIFF press conference — standing on one leg while slowly waving his hands through the air — said that,"one of the things that is fun about making movies and (also) totally, totally ridiculous is that we are grownups doing this."

MOVIE RATINGS by Richard Crouse

The Walk	★★★★
The Martian	★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
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Director Denis Villeneuve, above, called on cinematographer Roger Deakins — known for his stunning work with shadows — to set the scene in Sicario. CONTRIBUTED

Seeing the light in the dark

SICARIO

Denis Villeneuve calls on master cinematographer for latest film

"The Prince of Darkness" was the nickname of cinematographer legend Gordon Willis, but Roger Deakins, too, has shown a kingly command of shadows.

Recall the sleek Shanghai skyscraper scene of Skyfall, the desperate moonlit horse ride of True Grit, or the early dawn dog chase of No Country for Old Men. In Denis Villeneuve's drug war thriller Sicario, Deakins adds to his nighttime reel with a memorable border tunnel pursuit, seen through night vision and infrared perspectives.

Sicario, which opens across the country today, could be the film that finally rights one of cinema's greatest wrongs, and lands the 66-year-old British cinematographer his first Oscar. Deakins has been nominated 12 times and is generally acknowledged as one of the movies' greatest visual minds.

The regular director of photography for the Coen brothers, Deakins is less likely to speak of an impressive shot than about how the photography is always in the service of character, script and circumstances. Sicario, his second film with the Québécois director Villeneuve following Prisoners, has its grim darkness, but much of it — like a shootout in bumper-to-bumper traffic — takes place under the harsh desert light of the Mexican border.

He and Villeneuve recently spoke about making Sicario, for which Deakins drew inspiration from the French filmmaker Jean-Pierre Melville.

What makes the two of you fit well together?

Villeneuve: It's strange. It's like two totally different animals that can communicate together. We are from totally different backgrounds. ... just shot with Bradford Young. ... As much as I loved working with Bradford, I realized how much I learned working with Roger. I was saying to myself, 'It's the only movie I've made with two cinematographers.' Because I always had you in my mind saying, 'Don't put the camera there. Don't do that. Move faster.'

Deakins: Nag, nag, nag.

V: People are always asking what is your biggest influence from other filmmakers? It's always Roger for me. Honestly, it's a massive privilege for me. I'm missing you a lot, sir.

D: I'm missing you, too. We did hit it off straight away, didn't we? The first time we met we seemed to hit it off. We're both very honest with each other, which is good.

What was your approach to shooting in the desert?

V: There was the idea to embrace nature, to inspire ourselves from the desert, to work with the brutality of the sun. We were working with a tight schedule and I was aware Roger would have to shoot sometimes in bad light, not having the luxury to shoot in perfect light. I remember saying should we try to embrace that, to have actors with shadows, to have silhouettes in the sun. There was a photographer that Roger loves, Alex Webb, that was an inspiration in the colour of Mexico.

D: That script on Prisoners, it could have become so melodramatic. But it was a matter of stripping it down and getting to the sense of it. To me, the whole film ends up being about: How far do you go? What is right? To me, Sicario relates to so much more than just drug trafficking. It relates to Guantanamo Bay and the whole bit.

V: We really insisted, Roger and I, to shoot in Mexico. We didn't want to recreate the Mexican culture in the United States — we thought that would be impossible. Luckily, we were able through time and a lot of meetings to convince them.

D: A LOT of meetings.

THE ASSOCIATED PRESS

NEW PROJECTS

Kate, Ellen on same page

Kate Mara says she's teaming up with her good friend Ellen Page for a project they will both produce and star in.

The House of Cards star hinted at the plans while promoting her new film The Martian at the Toronto International Film Festival.

Mara wouldn't reveal details, but said she was keen to work with her Canadian pal, who was also at the festival with the films Freeheld and Into the Forest.

"It's probably too early to talk about but we're going to star in something that we're producing together," Mara said.

"We're good friends but we also really want to work together as actors so hopefully that will happen soon."

In The Martian, Mara plays an astronaut who is part of a manned mission to Mars cut short by a massive sand storm.

Mara said she leapt at the chance to work with Ridley Scott, director of The Martian, whose other galactic visions include Alien and Blade Runner.

"Ridley likes to do things big, he always kind of has," chuckled Mara, who batted away questions about her last big spectacle — the heavily panned Fantastic Four.

THE CANADIAN PRESS

Kate Mara, left, and Ellen Page GETTY IMAGES

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Grier's brand of feminism

TIFF LIGHTBOX

Actress goes Beyond Badass in retrospective

Pam Grier has a problem with "badass."

Which seems odd, since she defines the term. She's the baddest of the badass female screen stars, the shotgun-packing payback seeker in such 1970s "blaxploitation" smashes as Foxy Brown and Coffy, and also in Quentin Tarantino's 1997 crime thriller Jackie Brown, the three films she's introducing this week at TIFF Bell Lightbox.

"When people say 'badass,' and I don't mean to be rude, but I ask them, 'What do you mean by that?"' Grier says from the Colorado horse ranch she calls home.

"I come from a long line of skillet-throwing women. Is that what you mean? Or how about scratching? The first thing you do to your brothers who are picking on you or messing with you is you scratch 'em. That hurts. That actually hurts more than punching."

She laughs, because she knows, you know? At 66, she's traded her signature '70s Afro for long silver tresses ("I've really owned the silver, and I love it"), but she's forever synonymous with all things badass.

The tag line for Foxy Brown billed her as "a chick with drive who don't take no jive!" She's front-and-centre on the poster for BaadAsssss Cinema, Isaac Julien's 2002 documentary on independent black film.

She's an everlasting influence on action queens who followed her trailblazing anti-heroine roles, including Sigourney Weaver's Ripley in the Alien franchise and Charlize Theron's Furiosa in Mad Max: Fury Road. TORSTAR NEWS SERVICE

Pam Grier in COFFY, the 1973 action film that was one of her "blaxploitation" movies that defined her as a grounding action star. HANDOUT

FOUR BADASS ACTRESSES ACCORDING TO PAM GRIER

Dale Evans

"She could ride horseback and shoot and jump off and throw a few punches, too.

Katharine Hepburn

"Who is going to fix the house and cut the lawn?

Angelina Jolie

"She was really good in Salt, wasn't she? I also loved her in Tomb Raider.

Jennifer Lawrence

"She's great in Hunger Games.

LAURA DERN

Mortgage crisis tale mesmerizes

The U.S. sub-prime mortgage crisis that spelled ruin for thousands and left many homeless is not exactly a catchy subject for a Hollywood movie. But in a new drama — 99 Homes — Oscar-nominated actress Laura Dern tackles the financial meltdown that touched millions and sent ripples across the globe.

Dern, 48, whose film resumé includes Rambling Rose, Sailor and Lula and Blue Velvet, sat down to discuss the movie, which has gotten rave reviews, and life in general.

The film

In 99 Homes, Dern plays a woman whose family is forced out of home by an unscrupulous real estate broker after they are unable to make mortgage payments. Dern said the movie aims to highlight "the level of rage in American families when they are now living in their car because they can no longer afford a motel."

"We're very busy as a culture, thinking about the Kardashians or whatever the new topic is," she said. "It takes us away from the BP oil spill still leaking, bank crisis and people still losing their homes.

"It is amazing to consider who we throw away, and often we throw away the people we've promised the most to."

Social media

"I feel like I'm lucky because ... it isn't what defines me," Dern said of social media. "I'm not of a generation that thinks that if I haven't a certain number of followers, I am or I am not liked or popular, because I didn't grow up that way.

"So I'm basing my values ... on the work or my family, my children, my loved ones, but certainly not on social media."

On aging in Hollywood

"Love where you are as a woman at all times in your life. If you buy into the belief that things are gonna change based on age, it's a tragedy," Dern said.

"I hope I'm my sexiest at 60 and I will say I'm playing more interesting characters than I have in a long time.

"In 10 years, I hope to be braver, bolder, wilder, boundary-less, without any predisposition to what it's supposed to look like," she added. "(I hope) to be complicated, sexy, kind, broken and all the things a woman should be in her 50s. I look forward to that." AFP

"Often we throw away the people we've promised the most to."
Laura Dern

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National Lampoon's long legacy

DOCUMENTARY

Film looks at pivotal time in comedy history

Steve Gow
For Metro Canada

There are few things in the comedy world that have been more influential than National Lampoon.

As highlighted in the new documentary Drunk Stoned Brilliant Dead: The Story of the National Lampoon, the raunchy satirical magazine not only launched the careers of the likes of Bill Murray, John Belushi and a series of hit comedies like Vacation and Animal House, it inspired today's top comic minds including Judd Apatow and Al Jean — longtime writer/producer of The Simpsons.

We caught up with Jean recently to discuss the legacy of filth left behind by National Lampoon.

As a fan, is there an article or sketch that's stayed with you all these years?

Oh, a bunch of them.

I love the Vietnamese Baby Book. We had baby books but this was for a kid in Vietnam and it had baby's first Band-Aid, baby's first flesh wound — done in a cutesy baby-book style.

Also, the cover (which read) 'If you don't buy this magazine, we'll shoot this dog' may be the best magazine cover ever and the dog looks so funny, it kills me every time.

Have you ever stolen any ideas from your Lampoon days and used it on The Simpsons?

No, the only reason being the magazine was pretty much reaching for a vulgar tone that The Simpsons wouldn't be doing. Before (co-writer Mike Reiss and I) quit, we were asked to write a parody of Raiders of the Lost Ark where instead of a big boulder, it was a big boob and Mike and I were so happy that we didn't have to finish it.

STAR POWER

Lampoon's far-reaching influence on entertainment

- Singer Meat Loaf once toured with the National Lampoon Road Show before he hit it big with his 1977 album Bat Out of Hell
- Legendary 1980s filmmaker John Hughes (The Breakfast Club) was one of the raunchiest writers in the magazine's history
- In 1975, National Lampoon talents John Belushi, Gilda Radner and Chevy Chase all left the magazine to star on upstart Saturday Night Live.

After the magazine folded in 1998, National Lampoon as a brand lost even more prestige because of its association with a string of low-brow straight-to-video college movies that borrowed its name.

There's no humour or sensibility to them. This documentary is the best film with the National Lampoon name on it in 20 years!

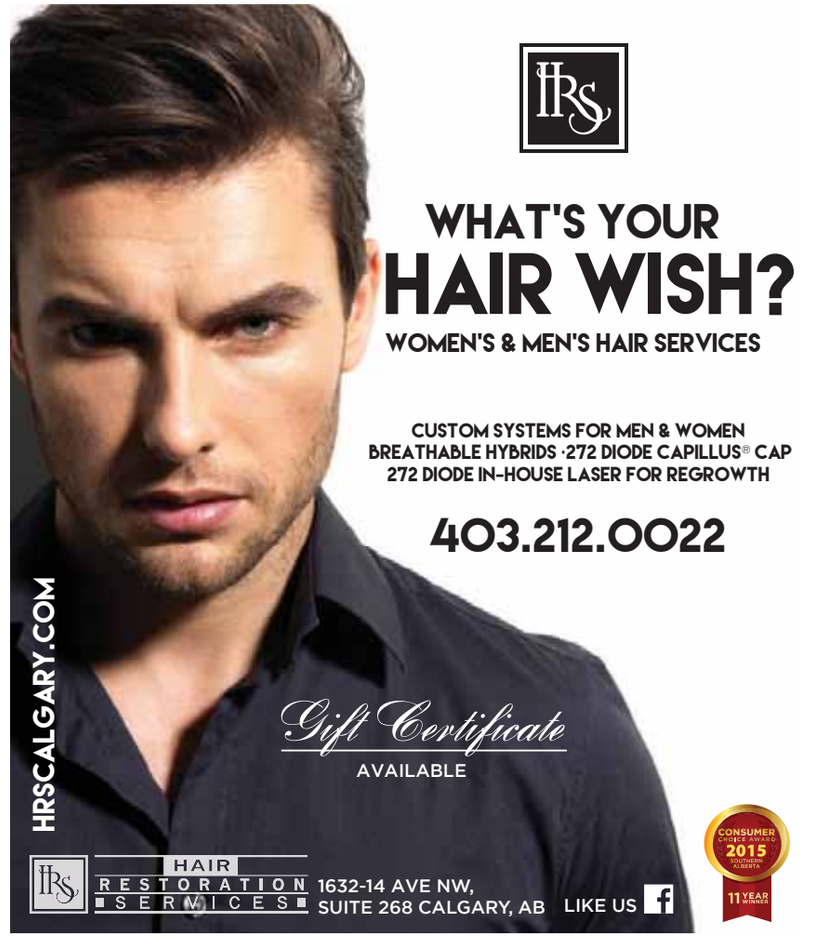
So what should the average person take away from watching this documentary?

A lot of people may not be aware that before Saturday Night Live and The Simpsons, there was this institution that was enormous in its influence that really gave birth to the (comedy) that you're most familiar with over the last 30 years.

Drunk Stoned Brilliant Dead opens in Toronto on Friday or can be viewed on VOD.

Chevy Chase and John Belushi are just two big names who got their start with National Lampoon.

PHOTO ILLUSTRATION: DAVID VAN DYKE/METRO



DRAMA

The Walk

Director: Robert Zemeckis
Starring: Joseph Gordon-Levitt, Ben Kingsley

The Walk is the true story of a young dreamer, Philippe Petit, and a band of unlikely recruits who together achieve the impossible: an illegal wire walk in the immense void between the World Trade Center towers. With little more than nerve and blind ambition, Petit and his ragtag crew overcome daunting physical obstacles, betrayals, countless close calls and overwhelming odds to beat the system and execute their mad plan.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
85%	+93%

SCI-FI

The Martian

Director: Ridley Scott
Starring: Matt Damon, Jessica Chastain

During a manned mission to Mars, Astronaut Mark Watney (Matt Damon) is presumed dead after a storm and left behind by his crew. But Watney has survived and finds himself stranded alone on the hostile planet. With only meagre supplies, he must draw upon his ingenuity and find a way to signal to Earth he is alive. Millions of miles away, NASA and a team of international scientists work tirelessly to bring "the Martian" home, while his crewmates concurrently plot a daring, if not impossible rescue mission.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
92%	+99%

DRAMA

A Walk In The Woods

Director: Ken Kwapis
Starring: Robert Redford, Emma Thompson

In this new comedy adventure, celebrated travel writer, Bill Bryson (Robert Redford), instead of retiring to enjoy his loving and beautiful wife (Emma Thompson), and large and happy family, challenges himself to hike the Appalachian Trail - 2,200 miles of America's most unspoiled, spectacular and rugged countryside from Georgia to Maine. The peace and tranquility he hopes to find, though, is anything but.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
45%	58%

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BEHIND THE SCENES

Another Steve Jobs movie

It doesn't worry Kate Winslet that critics panned the 2013 film Jobs, about the Apple Computer co-founder — she feels great about the new Steve Jobs movie she's starring in.

"I have no reservations whatsoever and so excited to be a part of this project," Winslet said in a recent interview at the Toronto Film Festival. She plays Joanna Hoffman, who worked closely with Jobs from the early days of Apple Computer.

Winslet's confidence comes in part from the approach taken by the film's Oscar-winning team: writer Aaron Sorkin and director Danny Boyle. Both have a knack for tackling contemporary subject matter.

Winslet feels that with a figure as prominent in the public conscience as Jobs, it's hard to do a critically acclaimed biopic. So she's happy it wasn't made that way.

Based on Walter Isaacson's book of the same name, the film was shot like a play, rehearsed like one, and told in three acts.

"Each act covers a different year: 1984, '88 and '98 in Steve Jobs' creative working life," Winslet said. "We shot each act in chronological order, one act at a time." While the actress said making the film was educational, she also said it was a "tough, but fascinating process."

"It was very, very challenging. It's 187 pages of continuous dialogue." THE ASSOCIATED PRESS

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Romance meets revolution

THE TV DINNER JESSICA ALLEN

Although the PBS Masterpiece series Indian Summers only premiered on this side of the Atlantic on Sunday night, it feels like people have been talking about it for weeks. Okay, a few people: namely two friends who've had sneak peaks of the British period drama and are obsessed with it. "Imagine Downton Abbey," they say, "only it's set in India." Or, as the New York Times put it, imagine two shows about "good-looking British people misbehaving in beautiful surroundings."

In place of the upstairs-downstairs dynamic of Downton's Yorkshire country estate, Indian Summers, set in 1932 — 15 years before independence — contrasts the cultural divide between the locals' political unrest with colonial rule and the British elite who retreat every summer to palatial homes atop tea plantations in the cooler Himalayan foothills. Think: bright, bold saris, cream linen suits, pastel silk dresses, and breezy lace lazily cooling glistening brows amidst the romance, the revolution — and the gossip.

I watched Sunday night and devoured the eye candy but the cast of characters aren't as irresistible as Downton's. That doesn't mean I won't stay with the series, not only because I have faith in PBS, but also because you have to give a show time to grow on you.

Sort of like a restaurant. Take Café Boulud. When it first opened in October 2012 in Toronto's Four Seasons hotel, the food reviews were excellent, which is not surprising, considering Daniel Boulud is one of the most celebrated chefs working today. But few held back when it came to taking jabs at the decor. "It would not be out of place in a Rust Belt airport hotel and conference centre, circa 1997," wrote one restaurant critic.

Two years later, they did something about it. Café Boulud 2.0 is an eye-popping space with a warm palate of rich greens and oranges. This is no Disney-like interpretation of a Paris bistro: it's original, yet familiar, and the same goes for the new, edited menu. We started with cod croquettes and a Lyonnaise frisée salad with crispy lardons. Duck, Périgord style, followed. Then came a Boulud signature dish of white sausage, apples and mashed potatoes. For desert we ordered profiteroles, served under a dome of dark chocolate that dissipated once a molten lava of more chocolate was poured on top, and pineapple made golden in the same rotisserie that roasts whole chickens.

Beyond the food and room, there is the clientele — a mix of international travellers and local hoi polloi — providing spectacle. As we finished our desert, we spied at a neighbouring table an upstairs-downstairs moment worthy of Downton itself. A mature man with a much younger woman sent back his nearly finished diet Coke because the glass smelled "musty." The server, who had anticipated our every need with nimbleness said the only scent he detected was aspartame. All the same, he hurried over a fresh serving.

Jessica Allen is the digital correspondent on CTV's The Social.

THE MEAL: Périgord-style duck

THE SHOW: Indian Summers

Out of this world music —literally

CHRIS HADFIELD

12-song album billed as first 'off-planet' record

Chris Hadfield's music has landed on Earth.

The songs the Canadian astronaut recorded in space have been fully orchestrated and will be released as a 12-song album on Oct. 9.

Titled Space Session: Songs From a Tin Can, it documents the experiences of space flight including Ride That Lightning, which describes Hadfield's decision to embark on a third blastoff into space. It is being billed as the first record "off planet."

That last trip of 144 days in 2013 was marked by unprecedented public access to the inner workings of a space station through Hadfield's use of social media. The highlight was Hadfield's rendition of David Bowie's Space Oddity, which has more than 26 million views on YouTube.

Hadfield, who is already a celebrity, says he has no designs on being a rock star.

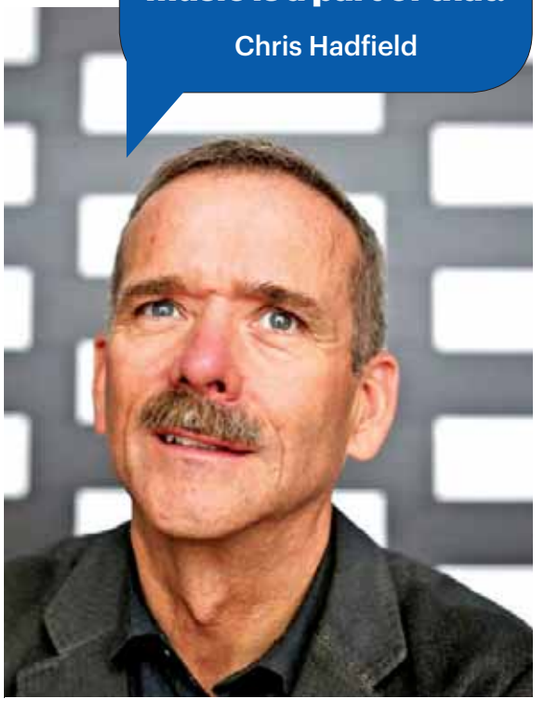
"I'm not going touring," laughs Hadfield, who grew up listening to the music of many Canadian artists, including Neil Young, Leonard Cohen, Guess Who and BTO. "Music is an attempt to express a passionate part of yourself. I have a one-man speaking tour and music is a part of that."

Since his last space flight, Hadfield has written two books, one containing the many photographs he took in space, and continued to promote music and science education wherever possible.

TORSTAR NEWS SERVICE

Music is an attempt to express a passionate part of yourself. I have a one-man speaking tour and music is a part of that.

Chris Hadfield



The album that astronaut Chris Hadfield recorded in space will be released Oct. 9. COLE BURSTON/TORSTAR NEWS SERVICE

GENERATING INTEREST IN SPACE

Music from new album will be played at variety show

Hadfield sees the world as a wonderful place to explore whether its from the heights of space or the depths of the ocean, where he once conducted experiments and gave back rubs to a 500-pound grouper.

"My mission in life is to contribute to the quality of life for as many people as possible and make it sustainable," he says.

"I think arts and science should be in the same part of the newspaper," he says, citing the example of a beautiful sunset that is experienced both scientifically — as water vapour — and emotionally.

That explains Generator, Hadfield's eclectic concert on Oct. 28 at Massey Hall, described as a science-based variety show.

He's done previous Generator shows in England involving music, comedy and education, and says comedians can make the purification of water in space "very funny."

In what is expected to be an annual show, produced in conjunction with creative agency launch*pad, Hadfield hosts and comedian and actor Robin Ince emcees. Comedian Mark Little, Toronto street band Tupper Ware Remix Party, comedic duo The Templeton Philharmonic and Ontario robotic designers are part of the mix.

The music will include songs from the new album, says Hadfield, who broached Warner Music Canada president Steve Kane about the project when he retired. Producer Robbie Lackritz took the unaltered vocal and guitar tracks and added orchestration in the studio.

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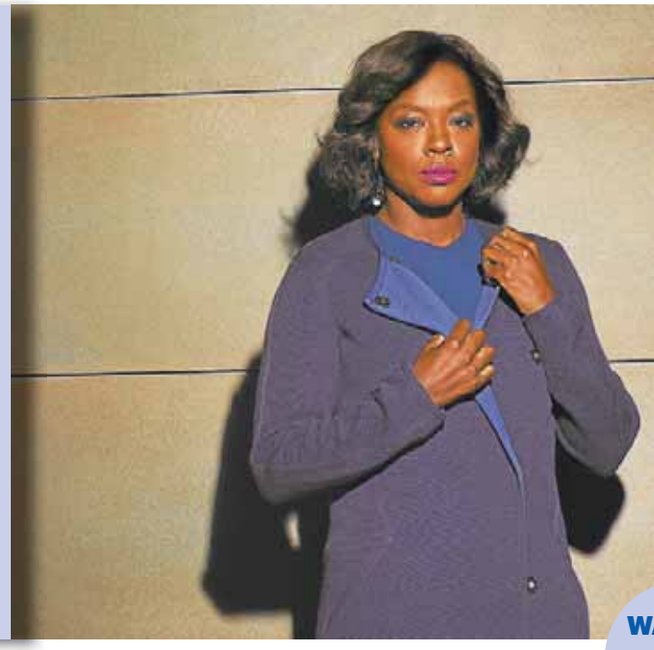
INTERVIEW

Viola Davis on how viewers don't forgive flaws in women

Lisa Weidenfeld
Metro | New York

She's not likeable and she doesn't care



It's safe to say Viola Davis has had a pretty successful run in her first lead in a network drama. After one season, she became the first African-American woman to win an Emmy for best actress in a drama for her role as the brilliant but tortured Annalise Keating in How to Get Away with Murder.

But it hasn't all been easy. Davis says she's heard criticism that Annalise isn't likeable enough, which isn't what she wants to hear.

"It frustrates me a little bit because I feel that people don't understand what it means to be an actor. I don't think James Gandolfini or, I don't know, Robert DeNiro in Taxi Driver, or Dexter, or James Spader, I don't think they get asked that. I think that people just accept the character. They accept what they're being given, and they actually reward (the characters) because they feel like it's complicated," says Davis. "It's only women that you want to be pretty and likeable."

And it isn't just random commenters on the Internet that are hating on Annalise.

"I remember I read a review, too, where someone wrote 'I don't think I'll continue to watch How to Get Away with Murder because she's not pretty and she's not likeable,' and I thought to myself that nobody will ever address that as being their stuff," says Davis.

"They'll put it on the actor. And me as an actor, that's not my responsibility. If I make her likeable, then I'm pushing an edit button and that's not what you're supposed to do as an actor. You don't press an edit button."

But the likeability problem extends beyond just asking that Annalise be more charming. People seem to really like the villain characters that Gandolfini and other male actors have brought to life, and Davis says that affection is influenced by gender.

"They will forgive their mess. We understand that men at the end of the day are flawed. A man can have 50 affairs, but still there's something charming about him. But a woman, like in Fatal Attraction, who's having sex with a married man, is a b—. There is something about women that we want to stay virtuous," she says.

It's the first time Davis has stayed with a character this long, since she's generally been known for film work.

She's enjoying the long-term work with Annalise, but adds with a laugh, "ask me that in another three years."

Davis has also had some influence on what ends up on the show — it was her idea, for example, to shoot a powerful segment where Annalise takes her wig and makeup off. It was a scene that demonstrated the vulnerability of both actress and character. She hopes that there will be more scenes like that in the future.

"I think the most revolutionary things that you can do are the most simple.

"And I think taking the wig off, having a scene with a mother talking about sexual abuse, a mother (and) a woman of colour, putting me between her legs and doing my hair, all those things, no matter what people say, you've never seen it on TV. You just haven't. You haven't seen me on TV. And that's what excites me, that (creator) Pete (Nowalk) is willing to go there."

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Candy Crush gets a book deal

FRANCHISE

The app goes offline for two books coming this month

More Candy Crush merch.

Candy Crush Saga is to add books to its ever-expanding franchise, getting in on the success of adult colouring with one of two titles due out this season.

Little, Brown is to launch the first two books in a collection that will spring from its licensing deal with King Digital Entertainment, the creator of Candy Crush. Candy Crush Saga and Candy Crush Soda Saga are played by 98 million daily active users worldwide.

For aficionados of the hugely popular mobile game, The Official Candy Crush Saga Top Tips Guide, out Nov. 3, will offer up just what its title promises: an in-depth look at the Candy Kingdom and its parallel Dreamworld, complete with tips for mastering the game's mechanics and its most challenging levels.

The second title taps into a major trends of the moment — adult colouring — with The Candy Crush Coloring Book. Inspired by the episodes and characters from the Candy Kingdom, it is said to be "beautifully intricate," featuring "divine landscapes, sweet patterns and the delectable super-sweet Candies."

When it releases on Oct. 27, it will join a host of other adult colouring books to come from major franchises in recent months, including offerings from Marvel and Game of Thrones. AFP

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Savage plays the everyman in new show

INTERVIEW

Wonder Years star returns to TV for The Grinder

Lisa Weidenfeld
Metro | New York

Fred Savage might be one of the more beloved former child stars out there.

And though some shows generate plenty of behind-the-scenes gossip, Savage promises that his years as Kevin Arnold on The Wonder Years would generate no such sordid tales.

"It would be a lot of scenes of actors learning their lines and going to bed on time and going to school and making sure you can do the show and prepare for your AP exams," explains Savage.

He's set to return to TV in a regular acting role for the first time in a long time with The Grinder, a comedy where he plays a brother to Rob Lowe.

Lowe's character is a TV actor whose long-running lawyer procedural (the titular Grinder) has just come to an end, and he decides that the best thing to do next is move home and help his little brother (Savage) out with his law practice. It might be odd to think of Savage as the non-Hollywood brother, considering he was a child star, but Savage says that's not really the case.

"I like to think of myself as not so Hollywood, and I think it helps being next to Rob Lowe, because compared to Rob, I'm not Hollywood at all. It's as odd as playing any character who's a little different from yourself," he explains.

Savage's character, Stewart, is the straight man for much of the pilot, since he can't believe people respond so well to Lowe's fake lawyer jumping into the courtroom, which may be a highly unrealistic, but which Savage says is grounded in reality.

"All of us at some point in our lives, and I know me for sure, feel like we're the only one who knows what's going on and can't believe everyone else is along for the ride," he says. "It's fun to exercise that muscle. Hopefully people kind of see themselves in Stewart."

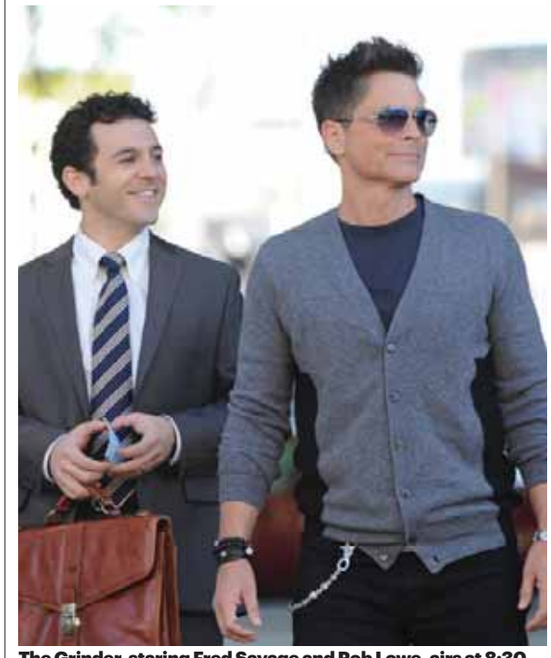
Though he's staying focused on The Grinder right now, Savage is very aware of the current craze for reviving older properties, which he says he understands.

"We all have our favorite media moments. Shows that we're nostalgic for and love, shows that we loved and might be embarrassed to admit that we love, and the fact that now there's more outlets than ever to produce really excellent content, I think is terrific," he says.

And will we see a certain former Wonder Years co-star appearing on the show?

"Danica (McKellar) is so good at so many things and being a comedic actress is one of the things she's better than just about everyone at," says Savage.

"She'd be a great attorney. She's serious, she argues well, she's focused. I don't think there's plans right now, but I think we'd be lucky to have someone like Danica on the show."



The Grinder, staring Fred Savage and Rob Lowe, airs at 8:30 p.m. on FOX. HANDOUT

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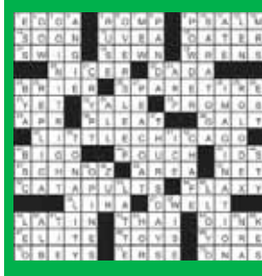

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7 Things to know about the new Homeland

SEASON PREMIERE

Fifth season promises to be unlike any of the past runs

Brian Gasparek
For Metro Canada

The wait is finally over. After nine long months, Homeland officially returns to our living rooms this Sunday night.

After redeeming itself as one of television's best thrillers last year, the fifth season of the political drama has become one of this fall's most highly anticipated returns.

But this round of Homeland is expected to be different than everything we've seen in the series over the past five years. This season promises to deliver a major creative overhaul to the show's setting, political themes and to the lives of Carrie Mathison and our other favourite characters.

So what can you expect with all of the changes? We're here to fill you in.

Here are seven things you need to know going into Homeland this season.

1 Goodbye Islamabad, hello Berlin

Time has skipped ahead quite a bit since we last left Carrie, Saul and Quinn. We will learn that season five takes place two and a half years after the season four finale. We will also see that the show has found a brand new setting. This season was shot completely in Berlin, where Carrie now lives. Fun fact: Homeland is officially the first U.S. show to ever film entirely on location in Germany.

2 Carrie has a new job

Carrie's days as an intelligence officer are long gone… at least for now. This season we will find her estranged from the CIA and diligently working for a private security firm in Berlin. In the premiere, we will learn that Carrie is now the head of security for a German philanthropist named Otto Düring.

Carrie embraces motherhood and a new boyfriend in Season Five of Homeland. CONTRIBUTED

3 Tackling ISIS, Vladimir Putin, Edward Snowden

Homeland will finally get away from its ongoing theme of U.S. and Middle Eastern relations in season five. This year's storyline is set to touch on updated real life foreign issues including ISIS, Vladimir Putin, the Charlie Hebdo shooting and Edward Snowden.

4 Carrie is all about being a mom now

Despite the horrible "bathtub scene" that we had to endure between her and her baby daughter in season four, we will now find Carrie to be a loving, interested, bedtime-story-reading mother.

Hard to believe, right?

5 She also has a new boyfriend

We will also learn that Carrie has a new, live-in love interest. His name is Jonas Hollander and he's a lawyer for the foundation that Carrie does security work for. Jonas has a slight ginger resemblance to Carrie's late ex and baby daddy Nick Brody.

6 Carrie has turned to religion

Who would have thought that Carrie would become a devout Christian this season? Apparently a couple calendar years and a new country have changed her. In Carrie's first scene this season, she will be taking communion at a church in Berlin.

7 Still on bad terms with Saul and Quinn

In the premiere, we will find out that two and a half years hasn't changed the relationship between Carrie, Saul and Quinn. Carrie is still out of touch with both of her former CIA partners. But we can only assume that we will see them both in Berlin very quickly this season.

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Lonely Planet releases new children's travel guide of the world

5 PLACES TO SCARE YOURSELF SILLY THIS HALLOWEEN

If you haven't been frightened on Halloween since you were a kid, these tourist attractions across Canada are bound to crank up your fear factor in the days leading up to the spookfest. **MARK STACHIEW** FOR METRO

HISTORIC GARDENS

1 Annapolis Royal, Nova Scotia

Annapolis Royal is a town with so much history that it can't help but have a spectre or two wandering its streets at night. During October, the Nova Scotia municipality transforms into a ghost town with an array of spooky activities ranging from haunted houses at area museums to candlelight graveyard tours and many other events for lovers of the supernatural between Oct. 16-31.

2 Fort Fright, Ontario

During the dark and lonely nights of October, Old Fort Henry in Kingston dims the lights and changes its name to Fort Fright. The dark corners of this War of 1812-era fortress are dressed up to scare the wits out of you. Are you ready for a coffin ride or a creepy tunnel crawl in the dark? The frights are offered between Oct. 1-18, Thursday to Sunday evenings, then nightly from Oct. 22-Nov. 1.

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3 Evil Acres, British Columbia

What's your worst fear? Is it coulrophobia, a fear of clowns, or herpetophobia, a fear of reptiles? Evil Acres in North Saanich on Vancouver Island stokes both of those phobias and a psychology textbook full of others in the Darkness Maze. You can also visit Slaughter House Extreme, which is the eerie remnant of a meat-packing plant that is not as abandoned as it looks. Screams run from Oct. 9-10, 16-18 and 22-31.

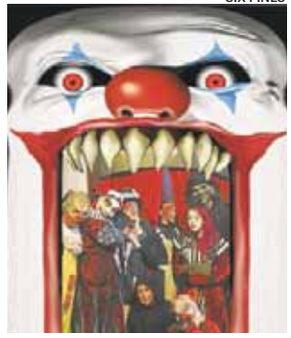
SUE SABROWSKI/ATLAS COAL MINE

4 Atlas Coal Mine, Alberta

The area around Drumheller was once a famous coal-producing region, but those days are long gone. All that is left are the empty mines and the ghosts of the men who worked them. At the Atlas Coal Mine National Historic Site, visitors can experience Little Boo this Oct. 25. It's an afternoon of Halloween activities for gentler souls at this creepy industrial site. Your admission fees raise funds to maintain and restore this piece of Canadian history.

5 Six Pines, Manitoba

SIX PINES



Located north of Winnipeg, Six Pines bills itself as Manitoba's scariest Halloween attraction. By day, they offer the Family Fun Haunt, but when the sun sets, no children are allowed because that's when the real terror begins. Visitors can choose between the provocatively named Barn of Doom or the Terror Train. Pick your poison or take a double dose from Oct. 8-10, 15-17, 22-24 and 29-31.

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Where blue sea meets red sand

PRINCE EDWARD ISLAND

Even 48 hours on this island province isn't enough time

Amanda Nunes
For Metro Canada

From fresh lobster and gourmet ice cream, to red sand beaches and lighthouses, Canada's smallest province has lots to explore. Here are some things to see, eat and do if you've got 48 hours on Prince Edward Island.

Day 1

Check into the Holman Grand Hotel, a boutique establishment that puts you in the middle of downtown. The area is dotted with cafés, shops, restaurants and, of course, Anne of Green Gables memorabilia. Historic Queen Street is home to a number of Victorian buildings, and you can pop into Anne of Green Gables Chocolates, where you can see potato chips being dipped in the sweet stuff.

For lunch, walk down to the waterfront and have the best lobster roll in town at Dave's Lobster. The "Some Fancy" lobster roll features 4 oz. of fresh lobster that's been warmed with butter, lemon and garlic, and then stuffed into a fresh split-topped bun. If you still have room after that, head to the boardwalk and get dessert at Cows Ice Cream. Try one of the many flavours in a fresh waffle cone and discover why it was named in the Top 10 of best ice creams in the world by U.S. travel company Tauck World Discovery in 2008.

Stroll Peake's Wharf and visit the waterfront merchants selling local crafts and touristy mementoes, including P.E.I. dirt shirts. At Amos Pewter you can find handcrafted jewelry and see molten pewter being cast.

For a bit of culture, visit the Confederation Centre Art Gallery to explore three floors of classic, contemporary and historic art. In the evening you can even catch a show on one of its three stages.

Day 2

Get an early start with a hearty breakfast at Casa Mia Café, a popular local spot. The Casa Mia Hash (caramelized onions and maple syrup with pan-fried P.E.I. potatoes, eggs and grilled sausage) is a must-try.

To experience the beauty of the island, rent a car and go on a coastal drive. Stop at Argyle Shore Provincial Park to see P.E.I.'s famous red soil. Walking down a narrow set of stairs you'll find a quiet, unsupervised, natural beach with beautiful rugged red cliffs. The red sand is a rare, natural occurrence thanks to its high content of iron oxide that give it its unique colour.

Next, make your way to West Point. Along the way you'll find scenic views of the ocean, farmland and curving dirt roads. Stop at a local dairy bar along the way for some fresh ice cream or fried clams.

West Point Lighthouse is the tallest in P.E.I., and it has an attached inn. The lighthouse, which is now a museum, was built in 1875, and has a working 400-watt light that can be seen from 29 kilometres away. Guests can stay in the Keepers Quarters, a room on the second floor where the original lighthouse keepers' families slept.

West Point is located in Cedar Dunes Provincial Park, a beach that has 1,500 metres of boardwalk and walking trails along the dunes.

If you walk 10 minutes along the beach you will come to The Catch Kitchen & Bar. This local nautical-themed gem has outstanding food and quirky decor. The haddock and chips and the cheddar and ale burger are must-tries.

You may also want to dine at the historic Dalvay-by-the-Sea. Road to Avonlea fans may find this grand house familiar — it was the location of the fictional White Sands Hotel. Prince William and Kate even stopped here on their honeymoon tour of Canada. Save room for the restaurant's famous Sticky Date Pudding that has been served for more than a decade.

In the evening, head back to Victoria Row in Charlottetown. This historic street has upscale restaurants, live music and pedestrian walkways. Have dinner at Row House Lobster Co. for local and sustainable seafood. Grab a cocktail after at Fishies on the Roof on their rooftop patio and enjoy the view. The perfect end to an East Coast adventure.

West Point Lighthouse was built in 1875. ALL PHOTOS BY AMANDA NUNES

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Slides, sharks and rum punch in Atlantis

ON THE MOVE

Resort features a 141-acre water park and five hotel options

Loren Christie
For Metro Canada

The Atlantis resort and water park on Paradise Island, the Bahamas. PETER REMUS/ATLANTIS RESORT

Greek lore says that the mythical civilization of Atlantis sunk into the ocean, but I am not so sure. A visit to the Atlantis resort in the Bahamas might have you believing that this mythical kingdom rose again in the form of a Las Vegas-meets-Waterworld pleasure paradise.

The Resort

Atlantis' focal point is water and marine life, built around eight million gallons of fresh- and salt-water pools, lagoons and cascading waterfalls. It also includes a casino, five hotel towers, a golf course and the 141-acre Aquaventure water park. There are options for everyone, whether you are a beach bum, a thrill seeker or want to let your hair down with a midday pool party. Like my first day at Disney World, I was overwhelmed trying to decide where to start.

I went with the Current, a tube-ride that meanders along a 1.5-kilometre route through the park.

At times you are really tossed around in the rapids. I rode it twice. Then after tackling the famous waterslides, two of which shoot you through a shark-infested tank (with the protection of a covered tube), I ended my day drinking margaritas while watching my lounge chair neighbours show off their twerking skills.

Accommodation

The resort includes five different accommodation options. Public relations manager Eric Hall uses an airline analogy to explain the difference: "The Coral and Beach towers are coach. The Royal tower is business class and the Cove and the Reef are first-class."

My deluxe ocean-view room in the Cove included a huge bathroom with soaker tub and two sinks (a favourite vacation perk of my spouse), a sitting area and a balcony, which allowed us to watch some incredible sunsets and the cruise ships glide in and out of the port of Nassau. The best perk of the Cove, however, is the respite it provided from the buzz of the resort — akin to staying at the best off-the-Strip hotel in Vegas.

Meals

There are 40 restaurants and bars to choose from, including the world's first pool-side Starbucks and an Atlantis edition of Chef Nobu Matsuhisa's famous restaurant Nobu. Many of the restaurants are stand-alone buildings located in the resort's marina village area. Bimini Road's Bahamian fare includes many iterations of conch and a killer Bahama Mama rum punch.

Final word

From swimming with the dolphins to scuba diving to rock climbing the activities are limitless but this fantasy world does come with a cost. There is no all-inclusive option so make sure to price out your activities before you go and stick to your budget. It's easy to be seduced by all the shiny, wet things.

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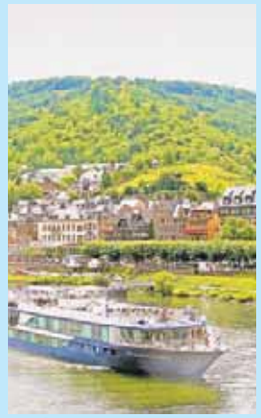
Trending: Zagreb
Air Transat has just added Croatia to its list of European destinations, with weekly flights to Zagreb from Toronto via Montreal starting next summer. This capital city is a year-round destination, with activity centred at nearby Jarun Lake in the summer and Mount Medvednica in the winter. Combine this city trip with a tour of the coast. Visit Zagreb-TouristInfo.hr and AirTransat.ca.

Cruise bargain
Avalon Waterways is offering up to $1,600 off per couple on select 2016 European small-ship river cruises booked by Nov. 10. This includes trips down the Rhine, the Moselle, the Seine and the Danube. Altogether, the cruise line has 25 different eight- to 24-day cruises throughout Europe, with other savings on pre- and post-cruise land tours. Visit AvalonCruiseline.com.
DOUG WALLACE

Hyatt Ziva Los Cabos, Baja Peninsula, Mexico. CONTRIBUTED

Zagreb Cathedral, Croatia. MARKO VRDOLJAK



Cochem, Germany, on the Moselle River. CONTRIBUTED

Soviet space race unveiled in London

SCIENCE MUSEUM

Exhibit tracks history-making moments

Various space suits and the Soyuz TM-14 descent module. AFP

The space technology that saw the Soviet Union propel the first dog, man and woman into orbit has gone on show in London — most of it being exhibited outside Russia for the first time.

Speaking at the opening of the exhibition at the Science Museum, which runs until March 13, the first woman in space, Valentina Tereshkova, recalled her affection for the spacecraft that took her into orbit for three days in 1963.

"I see Vostok-6 quite often in the centre for cosmonaut training," said Tereshkova, now 78.

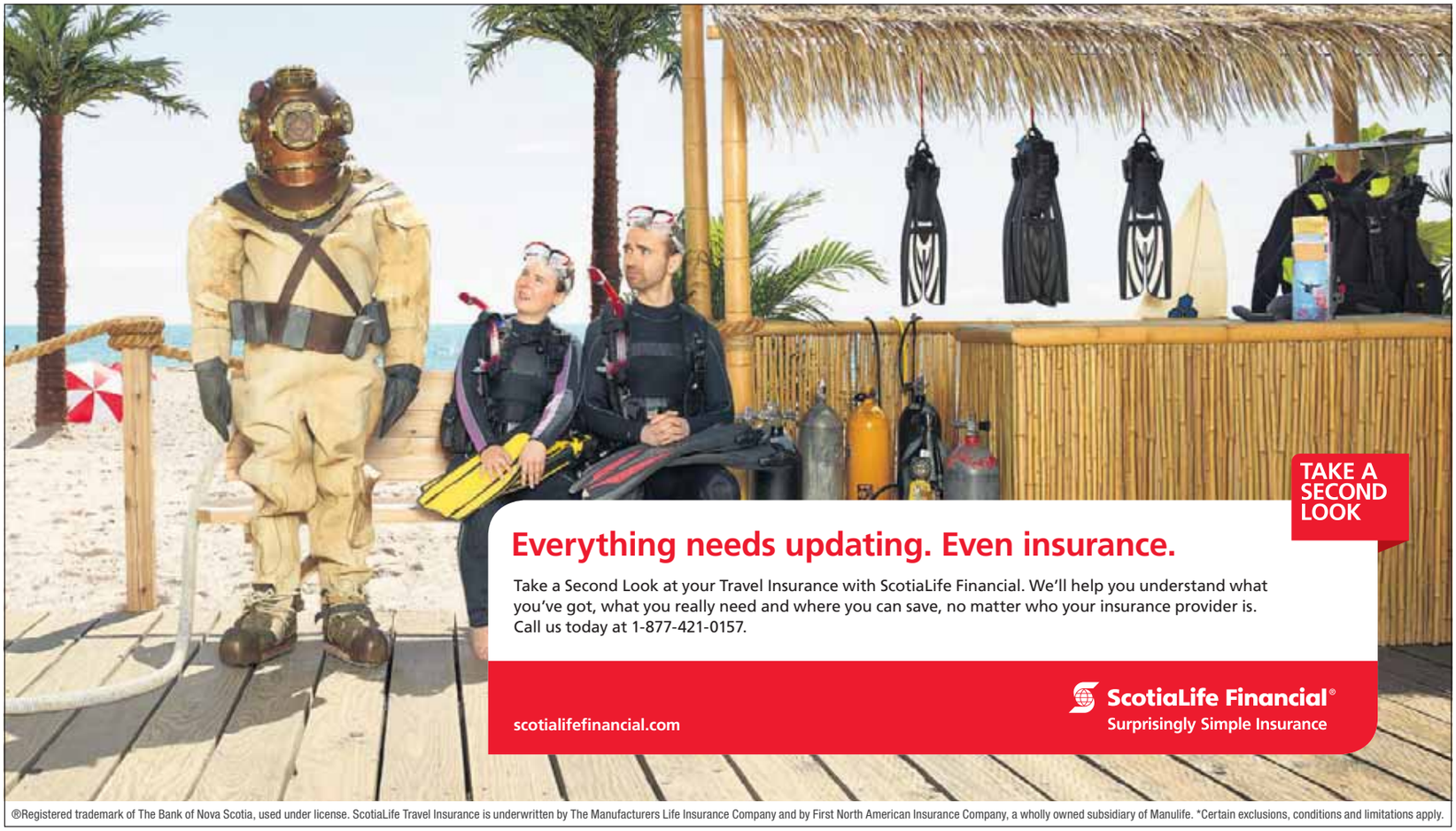
"And every time I pass it by I stroke it and say, 'My lovely one, my best and most beautiful friend; my best and most beautiful man.'"

The astronaut's treasured Vostok-6 is just one of several early spacecrafts displayed in the exhibition Cosmonauts: Birth of the Space Age.

Also on display are several Sputnik satellites and a lunar lander used to train cosmonauts on how to land on the moon in a Soviet program kept secret from the world until 1989.

In all, 150 objects are on display, from early Russian artistic impressions of space exploration to real space suits. Often classified top secret for decades and many from private collections and archives, the exhibit demonstrates the initial supremacy of the Soviet Union in the 20th-century space race.

"We think that the first nation on the moon was Russia," said Science Museum director Ian Blatchford, referring to the unmanned Luna 9, the first spacecraft to make a soft landing on the moon, in 1966. "An incredible achievement, not given full respect." AFP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Flames fill out depth chart

NHL

Additions complement fit and fast brand of hockey

Calgary Flames captain Mark Giordano says the team's upgrades will help them push the pace even more this season.

The arrival of defenceman Dougie Hamilton and right-winger Michael Frolik means their new teammates can play quality — not quantity — minutes.

"What it does do is add so much depth to our team and add so many different options," Giordano said. "Last year we had guys playing close to 30 minutes on the back end and forwards playing well over 20. Where the depth helps is you limit those minutes so every shift, you are full out.

"The strength of our team is our hard work and being able to go full out every shift."

Under head coach Bob Hartley, the winner of the Jack Adams Trophy as the NHL's top coach in 2014-15, the Flames' relentless, buzzing attack and their willingness to block more shots than any other team in the league helped end a five-year playoff drought.

A second-round loss in five games to the Anaheim Ducks was the deepest Calgary (45-30-7) had gone in the post-season since their appearance in the Stanley Cup final in 2004.

Calgary opens the 2015-16 regular season at home Wednesday against the Vancouver Canucks — the team they eliminated in six games in the first round — with great expectations from their fan base.

The most suspenseful position is in goal as Jonas Hiller, Karri Ramo and Joni Ortio are all on one-way contracts.

Hiller played the majority of the regular-season games and started in the first round of playoffs. Ramo took over for Hiller early in the second series versus Anaheim.

Whatever tandem the Flames go with, Hartley will continue the philosophy of he who wins plays the next game, and he who loses gets the hook.

Not every team can have a Carey Price, so the belief is two goalies jockeying for starts gives the Flames a level of goaltending that can win a championship.

Dougie Hamilton
GETTY IMAGES

Goaltenders Jonas Hiller, pictured, Karri Ramo and Joni Ortio are competing over two roster spots. Hiller played the majority of the regular-season games in 2014-15. BEN NELMS/GETTY IMAGES

"We want someone to carry the ball," Hartley said. "This business is about winning."

Wily veteran Jiri Hudler, last season's Calder Trophy nominee Johnny Gaudreau and 20-year-old centre Sean Monahan, who's entering his third NHL season, make up a formidable top line for Calgary.

Early indications are heralded rookie Sam Bennett and Frolik will flank Mikael Backlund on the second line, which gives Calgary a solid top six.

> **"The mistake you can get into as an organization is allowing guys to feel pretty comfortable, and I don't think we have that here."**
> Mark Giordano

The emergence of Micheal Ferland as a punishing deterrent late last season and his re-signing is an important ingredient for a team expected to be fit and fast again, but not very beefy.

The Flames have established a reputation as a team hard to put down with 24 of their 97 points last season earned when trailing after two periods. Their challenge this season is to maintain that culture.

"I think our guys are pretty aware of what we have to do to win games and why we were successful last year, but if we're not, our coaches hammer it into us pretty good," Giordano said.

THE CANADIAN PRESS

Jays' pre-playoffs work not over yet

MLB

Toronto in battle with K.C. for top spot in AL

When the cigar smoke settled from a wild celebration after clinching the American League East, the Toronto Blue Jays were left with more work to do.

"We think we have more ahead of us," manager John Gibbons said. "We really do."

Gibbons is talking about the playoffs, where oddsmakers have made the Blue Jays World Series favourites. But before that, there's the matter of trying to assure home-field advantage throughout the playoffs.

Heading into Thursday, the Blue Jays had a magic number of three to clinch the top seed in the American League. They led the Kansas City Royals by a game but own the tiebreaker, so if the teams finish with an even record, the Blue Jays take it.

Despite fielding a lineup without any regulars in the second half of a doubleheader Wednesday and then again Thursday to give starters a rest, home-field advantage is still something the Blue Jays want.

"We'd love to get it, we're certainly going to fight for it, but you do balance it out with having to give guys rest," general manager Alex Anthopoulos said. "Home field for us with the environment we have at that stadium ... everybody across the league is talking about what an unbelievable environment it is, to have a dome, playing conditions, all that, I think it's a big advantage for us."

Rogers Centre was sold out for 20 of the final 21 home games of the regular season, and ace David Price remarked on the day he debuted for Toronto that he had never pitched in an atmosphere like that before.

Price won't get a chance to pitch again until Game 1 of the ALDS on Thursday. The Blue Jays opted to hold him out of his scheduled start in Baltimore and ultimately decided to give him rest rather than having him pitch in the final series of the season at the Tampa Bay Rays.

Mark Buehrle is set to pitch Friday and Marco Estrada on Saturday. Toronto's starter for Sunday is to be determined.

The Blue Jays' Dalton Pompey is tagged out by Orioles second baseman Jonathan Schoop as he tries to steal a base on Thursday in Baltimore. ROB CARR/GETTY IMAGES

SERIES FINALE

The Baltimore Orioles took advantage of the Blue Jays resting their starters, winning a rain-marred game 6-4 on Thursday.

Manny Machado homered twice for the Orioles in a game that was delayed for 3 hours, 25 minutes following the first inning. Later in the evening, the New York Yankees clinched a wild-card playoff spot with a 4-1 win over the Boston Red Sox.

In Chicago, the Kansas City Royals topped the White Sox 6-4 to draw level with the Blue Jays atop the American League standings at 92-67.

THE ASSOCIATED PRESS

Clinching the AL's top seed would mean facing the winner of the wild-card game in the first round. The New York Yankees will likely host either the Houston Astros, Los Angeles Angels or Minnesota Twins in that one-game playoff Tuesday.

If the Royals finish with a better record, the Blue Jays would very likely face the Texas Rangers, who are close to wrapping up the AL West. Like the Blue Jays, Texas got an ace in late July in Cole Hamels and went on a roll, winning 36 of 56 games since the trade deadline. THE CANADIAN PRESS

CFL IN BRIEF

Toronto's BMO Field will host 2016 Grey Cup

The CFL will bring its championship game back to Toronto next year and this time it will have more of a true football feel.

The 2016 Grey Cup will be played outdoors on grass at a refurbished BMO Field, which will become the new home of the Argonauts when they move out of Rogers Centre after this season. The 104th edition of the Grey Cup is set for Nov. 27, 2016.

"We think this is the perfect opportunity," said CFL commissioner Jeffrey Orridge. "It's going to culminate the debut of the new era of Toronto Argonauts football and also it helps set the stage for the new era of the CFL. It's a beautiful and newly renovated stadium.

THE CANADIAN PRESS

Redblacks' record-breaker Burris destroys Alouettes

Henry Burris ran for two touchdowns, threw for another two and completed a record-setting night with 45 completions as the Ottawa Redblacks embarrassed the Montreal Alouettes 39-17 on Thursday night.

In the most lopsided win in their two-year history, the Redblacks were led by their 40-year old quarterback, who had 43 completions after three quarters, broke the record of most completions in a game as he finished with 45.

The old record of 44 was set back in 2008 by Anthony Calvillo of the Alouettes. Burris' 45th completion was a 13-yard pass to Patrick Lavoie early in the fourth quarter.

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PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

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Prep time: 5 minutes
Serves 2

Ingredients
- 1 tomato
- 1 tsp olive oil
- Sea salt
- 1/2 avocado, pitted and mashed
- 1 tsp lemon juice
- 4 basil leaves, torn
- 4 pieces of multi-grain bread, toasted
- 1/2 head of Boston bibb lettuce
- Cucumber slices, if desired

Directions
1. Cut tomato and place on a plate. Coat with olive oil and sprinkle with sea salt. Let stand.
2. Meanwhile, mash avocado in a medium bowl and then add lemon juice and torn basil. Mix until smooth.
3. Toast bread and then smear about a tablespoon and a half of the avocado spread onto the bread. Finish by adding tomato slices and a few pieces of lettuce. Cut in half or in quarters and serve with some cucumber slices.

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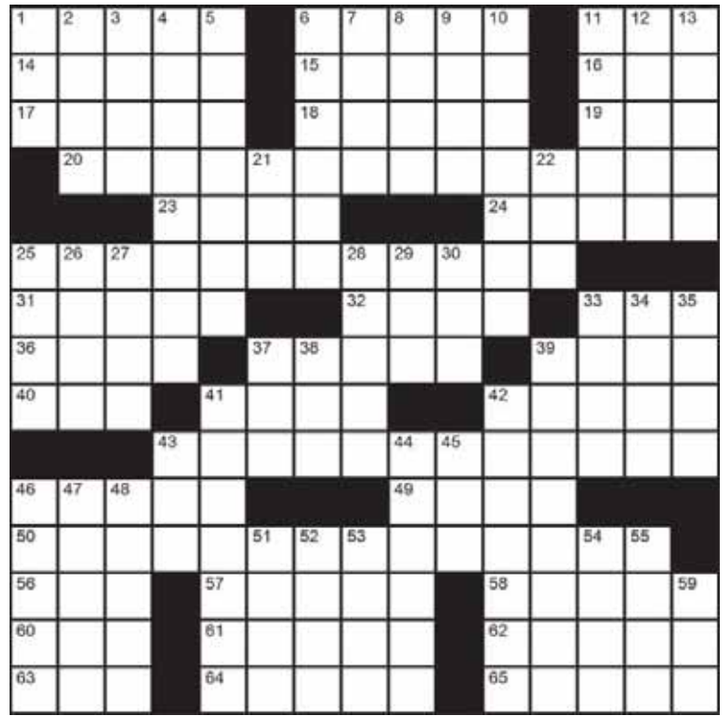
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Psychedelic carpets
6. Sacha Baron Cohen character
11. US filmmakers org.
14. Squish food
15. Popular island retreat
16. Sleeve
17. Feminine inner self, in Jungian psychology
18. Smiled brightly: 2 wds.
19. "Send in the Clowns" query: "Are __ pair?"
20. Canadian newscast anchored by #11-Down: 2 wds.
23. Volcanic flow
24. Speak from the podium
25. Industrial-looking wall feature in a condo loft: 2 wds.
31. Mr. Kinnear's
32. Ms. Horne
33. Canadian actress/model Ms. Anderson, to pals
36. Mr. Busey
37. Sticks
39. Animal rights gr.
40. St. John's International Airport code
41. Dove sounds
42. Mr. Eckhart
43. New competitive TV series for Canadian artists on the CBC: 2 wds.
46. Hair styling product
49. Actress Ms. Kurylenko
50. 1982 short stories book by Canadian writer Alice Munro, with The: 3 wds.
56. Everything
57. Giving-it-a-go-er
58. Canada's largest duck
60. "My Gal __" (1942)
61. Like lots-of-lots-owning lairds
62. Singer Bonnie
63. Timecard abbrs.
64. End table items
65. Rosebud, and others

DOWN
1. Facials-getting lieu
2. __ jury
3. Botanical casing
4. Science for jewellers
5. Fishy-sounding character played by Canadian hockey great Cam Neely in movie comedies: 2 wds.
6. Slow song
7. Wholly __ part
8. Montreal-born actress Ms. Lee
9. Adjoin
10. Dessert selection
11. As per #20-Across... Winnipeg-born journalist Ms. Friesen
12. Amazing
13. "I Was __ War Bride" (1949)
21. Holy song: "__ Maria"
22. Mork's planet
25. Like scrambled breakfasts
26. Image of bones
27. __ Plus 2in1 (Shampoo/conditioner brand)
28. Makeup kit item
29. Des'__, British songstress
30. CMs ruler sharers
33. Mere's man
34. 'Origin' suffix
35. Numerous
37. Spar, __ few rounds
38. Angeles intro
39. Splendid, like the Buckingham digs in London, England
41. __ clear (Pristine)
42. Port city in North Africa on the Mediterranean
43. Tin
44. Thanksgiving table decorations
45. High mountain
46. Hit song
47. Mr. Bear of the Arctic
48. Sushi shapes
51. Richard Harris 1977 film
52. "The __" (1993) starring Tom Cruise
53. Rough terrain vehicle
54. Ms. Falco
55. Taken back, as a library book [abbr.]
59. Left opp. [pl.]

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A certain individual may not deserve your support but you will give it anyway. Chances are you will be in need of assistance yourself and you are more likely to get it if others think they owe you something.

Taurus April 21 - May 21
Make sure you spend time planning — it will help you to get twice as much done. The Sun in Libra increases your workload, so you have got to think ahead.

Gemini May 22 - June 21
You will get every opportunity to show that you have what it takes. But being the boss is not just about giving orders — it's also about making others understand and respect you.

Cancer June 22 - July 23
The thing you most want to avoid is the thing you most need to face. It is not going to go away on its own, so toughen up and tackle it head on.

Leo July 24 - Aug. 23
Friends will go out of their way to assist you over today, so don't sit there pretending that everything is fine because you know that it isn't and so do they. You need help.

Virgo Aug. 24 - Sept. 23
If you need to persuade someone to give you something today you will find just the right combination of words and body language to make it happen. Whatever it is you desire they will feel it is their duty to provide it for you.

Libra Sept. 24 - Oct. 23
You are beginning to believe that your luck has changed and that you are on the verge of something amazing — you're right. Keep doing the everyday things that will make it happen.

Scorpio Oct. 24 - Nov. 22
You are worrying about things that will probably never happen. Fortunately, your worries will fade over the weekend.

Sagittarius Nov. 23 - Dec. 21
You seem extremely pleased with yourself — and with good reason. You have at last found what it is you should be doing with your life and are in the process of making magnificent plans. Think them through.

Capricorn Dec. 22 - Jan. 20
The planets indicate that you will find the courage to make the kind of difficult decision that most people would prefer not to think about. Change is something to be welcomed.

Aquarius Jan. 21 - Feb. 19
End the week in a positive frame of mind and you will accomplish great things over the weekend. Remember, it's not what happens that matters — it's the way you choose to react.

Pisces Feb. 20 - March 20
You may not be able to explain how you reach a certain conclusion but your instincts tell you it is right, so trust them. Financial matters are especially well starred — if you act on your subconscious promptings.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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